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A Choice Manuall,

Or, Rare and Select

SECRETS IN PHYSICK AND CHYRURGERY:

Collected, and practised by the Right Honourable, the Countesse of *Kent*, late deceased.

Whereto are added several Experiments of the Virtues of Gascon pouder, and *Lapis contra Tarvam*, by a Professor of Physick.

As also most Exquisite wayes of Preserving, Conserving, Candying, *&c.*

The Fifteen Edition.

EDINBURGH,
Printed by a Society of *Stationers*, 1664.

To the vertuous and most Noble Lady, *Lætitia Popham*, Wife to the Honourable and truly Valiant Colonel *Alexander Popham*.

Thrice Noble and truely Vertuous Lady.

After mature deliberation, what to render unto your acceptance worthy your Patronage, nothing occurred more probable, than this small Manual; which was once esteemed a rich Cabinet of knowledge, by a person truly Honourable. May it auspitiously procure but your Honours like friendly Estimation, and then I doubt not, but it will find universal acceptance amongst persons of greatest Eminency. Sure I am, it may be justly deemed as a rich Magazeene of experience, having long since taught the world its approved excellency, yea, even in many dangerous exigencies. All I humbly crave, for the present is, my

boldnesse may be favourably excuse
since 'twas my lawfull ambition
therefore to avoid ingratitude, f
the many singular favours I have a
ready received from your endear
truly Honourable Husband, my a
wayes true noble Friend, and m
happy Countrey man. God mult
ply his blessings upon all your nob
Family, and make you no lesse H
nourable here on Earth, than ete
nally happy hereafter: which sha
be the daily prayer of him, who
higheſt Estimation is,

In all due wayes
abundantly to
Honour and
serve you,
W. J.

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TO THE READER.

Courteous Reader,

WEll remembring that we are all born for the weal-publike good: I here tender to thy perusal this small, and yet most Excellent Treatise, Entituled, *A Choice Manual of Rare and Select Secrets in Physick*: If thereby thou suck abundance of Profit, I shall be superlatively glad, but if any, or perchance many unlooked for mistakes, for want of a due application, bid thee

entertain contrary thoughts, the effect not answering thy curious expectation, upon a more serious reflex, know, that nothing is absolutely perfect, and withall, that the richest and most soveraigne Antidote may be often misapplied: wherefore the fault not being mine, excuse and cease to censure: For which just, and but reasonable favour, thou shalt deservedly obliege me,

Thine *W. J.*

A

Choice Manual,

Or, Rare and Select

SECRETS IN PHYSICK,

By the right Honourable the Counteſſe of *Kent*.

A very good medicine for a Conſumption and Cough of the Lungs.

TAke, a pound of the beſt Honey as you can get, and diſſolve it in a Pipkin, then take it off the fire, and put in two penny-worth of the flower of brimſtone, and two penny-worth of pouder of Elecampane, and two penny-worth of the flower of Liquorice, and two pen-

nyworth of red Rose-water, and so stir them together, till they be all compounded together, and put it into a Gally pot, and when you use it, take a Liquorice stick beaten at one end, and take up with it as much almost as half a Walnut, at night when you go to bed, and in the morning fasting, or at any time in the night when you are troubled with the Cough, and so let it melt down in your mouth by degrees.

Sir John Digbies *Medicine for the Stone in the Kidneys.*

Take a pound of the finest Honey, and take seven quarts of Conduit-water, set them on the fire, and when it is ready to seeth, scum it, and still as the froth doth rise, scum it and put in twenty whole Cloves, and let them seeth softly the space of half an hour, and so bottle it up for your use, and drink it morning and evening and at your meat, and use no other drink untill you are well.

A Medicine for the falling sickness.

Take a penny weight of the pouder of Gold, six penny weight of

of Pearl, six penny weight of Amber, six penny weight of Corral, eight grains of Bezar, half an ounce of Piony-seed, also you must put some pouder of a dead mans Scull that hath been an Anatomy for a woman, and the pouder of a woman for a man, compound all these together, and take as much of the pouder of all these, as will ly upon a two-pence for nine mornings together in Endive-water, and drink a good draught of Endive-water after it.

For Cordials and Restoratives use these things following.

In any faintnesse take three drops of oil of Cinamon, mixed with a spoonfull of Sirrup of Gilliflowers, and as much Cinnamon-water, drink this for a Cordial.

Against Melancholy.

Take one spoonfull of Gilliflowers, the weight of seven Barly corns of Bever-stone, bruise it as fine as flower, & so put it into two spoonfuls of Sirrup of Gilliflowers, and take it four hours after Supper, or

else four hours after Dinner, this will cheer the heart.

If you be sick after meat, use this:

Take of the best green Ginger is preserved in Sirrup, shred it in smal pieces, put it into a gally-pot, and put Cinnamon-water to it, then after dinner or supper eat the quantity of two Nutmegs upon a knifes point.

Aqua Mirabi is.

Take three pints of white Wine, one pint of *Aqua vitæ*, one pint of juyce of Celendine, one drachm of Cardamer, a drachm of Mellilot-flowers, Cubebs a drachm, Galingal, Nutmeg, Mace, Ginger, and Cloves, of each a drachm, mingle all these together over night, the next morning, set them a stiling in a glasse Limbeck.

The Vertues.

This water dissolveth swelling of the Lungs, and being perished doth help and comfort them, it suffereth not the bloud to putrifie, he shall not need to be let bloud that useth this Water, it suffereth not

not the heart burning, nor Melancholy or Flegm to have dominion, it expelleth urine and profiteth the stomack, it preserveth a good colour, the visage, memory and youth, it destroyeth the Palsie.

Take some three spoonfuls of it once or twice a week, or oftner, morning and evening, first and last.

Another way to make Aqua Mirabilis.

Take Galingal, Cloves, Quibs, Ginger, Mellilip, Cardamomie, Mace, Nutmegs, of each a drachm, and of the juyce of Celendine half a pint, adding the juyce of Mints and Balm, of each half a pint more, and mingle all the said spices being beaten into a pouder, with the juice with a pint of good *Aqua vitæ*, and three pints of good white-wine, & put all these together in a pot, and let it stand all night being close stopt, & in the morning still it with a soft fire as can be, the still being close pasted, and a cold still.

A Medicine for the Stone in the Kidneys.

Take a good handful of Pellito-

ry

ry of the Wall, a handful of Mead, Parsley, Saxifrage, a handfull of wild Thyme, a handful of garden-Parsley, three spoonfuls of Fennel-seed, six horse Raddish-roots sliced, then shred all these together, put them in a gallon of new Milk, and let them stand and steep in a close pot one whole night, and then still them milk and all together, this must be done in *May* or *June*, for then hearbs are in their best state, and when it is taken you must put two or three spoonfuls of this water, as much white wine as Renish, and if you please a little sugar, and so take it two dayes before the change, and two dayes after, and two dayes before the full, and two dayes after, continuing taking the same all the year, and the patient undoubtedly shall find great ease, and void many stones, and much gravel, with little pain.

To make Horse-Raddish drink.

Take half a pound of Horse Raddish, then wash and scrape them very clean, and slice them very thin crosse-waies on the root, then put them

them into six quarts of small Ale, such as is ready for drinking, which being put into a pipkin close covered set on the embers, keeping it a little more then blood warm for twelve hours, then take it off the fire, and let it stand to cool untill the next morning, then pour the clear liquor into bottles, and keep it for your use, drinking a good draught thereof in the morning, fasting two hours after, and the like quantity at four in the afternoon, this drink is excellent good against winds, as also for the scouring and dropsie being taken in time.

An excellent Medicine against melancholy.

Take four quarts of the juyce of Pearmains, and twice as much of the juyce of Bugloss, and Borrage, if they be to be gotten, a drachm of the best English Saffron, bruise it, and put it into the juyce, then take two drachms of *Kennes* smal beaten to pouder, mix it also with the juyce, so being mixt, put them into an earthen vessel, covered or stopt forty eight hours, then strain it

and

and allow a pound of Sugar to every quart of juyce, and so boil it to the ordinary height of a sirrup, after it is boiled, take one drachm of the spices of Diamber, and two drachms of the spices of *Diamargartion frigidum*, and so sew the same slenderly in a linnin bag, that you may put the same easily into the bottle of sirrup, and so let it hang with a thread out at the mouth of the bottle; the spices must be put into the sirrup in the bag, so soon as the sirrup is off the fire, whilst it is hot, then afterwards put it into the bottle, and there let hang: put but a spoonful or two of Honey amongst it whilst it is boiling, and it will make the scum rise, and the sirrup very clear.

You must add to it the quantity of a quarter of a pint of the juyce of Balm.

An excellent Receipt for the Plague.

Take one pound of green Walnuts, half an ounce of Saffron, and half an ounce of *London* Triacle, beaten together in a morter, and with a little *Carduus*, or some such water

water, vapour it over the fire, till it come to an Electuary: keep this in a pot, and take as much as a Walnut, it is good to cure a Feaver, Plague, and any infection.

An excellent Cordial.

Take the flowers of Marigolds, and lay them in small spirit of wine when the tincture is fully taken out pour it off from the flowrs, and vapour it away till it come to a consistence as thick as an Electuary.

For a bruise or stitch under the Ribs.

Take five or six handful of Cabbage, stamp it, and strain it, after it is is boiled in a quart of fair water then sweeten it with Sugar, and drink it off in a wine glasse in the morning, and at four in the afternoon five or six dayes together, then take a Cabbage leaf, and between two dishes stew it, being wet first in Canary wine, and that lay hot to your side evening and morning.

An excellent Receipt for an Itch, or any foul Scabs.

Take Fox gloves, and boil a handfull

full of them in posset drink, and drink of it a draught at night, and in the morning, then boil a good quantity of the Fox gloves in fair running water, and annoint the places that are sore with the water.

A Receipt good for the Liver.

Take Turpentine, slice it thin, and lay it on a silver or Purslane Plate, twice or thrice in the Oven with the bread till it be dry, and so make it into pouder, every day take as much as will ly on a sixpence in an Eg.

For Flegm, and stopping in the throat and stomack. D. T.

Take oil of Almonds, Linseed oil, buds of Orange flowrs, boil all these in Milk, and anoint the stomack well with it, and lay a scarlet cloth next to it.

For an extream cold and a cough.

Take of Hysop water six ounces, of red Poppy water four ounces, six Dates, ten Figs, and slice them small, a handful of Raisins of the Sun, the weight of a shilling of the pouder of Liquorice, put these into the

the aforesaid waters, and let them stand five or six hours upon warm embers, close covered, and not boil, then strain forth the water, and put into it as much Sugar of Roses as will sweeten it, drink of this in the morning, and at four of the clock in the afternoon, and when you go to bed.

To Distil Triacle water.

Take one ounce of Harts-horn shaved, and boil it in three pints of *Carduus* water, till it come to a quart, then take the roots of Elecampane, Centian, Cipresse, Turmentil, and of Citren rinds, of each one ounce, Borage, Bugloss, Rosemary flowrs, of each two ounces, then take a pound of the best old Triacle, and dissolve it in six pints of white wine, and three pints of Rose-water, so infuse all together and distill it.

It is good to restore spirits, and speech, and good against swouning, faintnesse, agues, and worms, and the small pox.

Triacle water.

Take three ounces of *Venice* Triacle, and mingle it in a quart of spirit

rit of wine, ſet it in horſe-dung four or five dayes, then ſtill it in aſhes or Sand twice over, after take the bottom which is left in the Still, and put to it a pint of ſpirit of wine, and ſet it in the dung till the tincture be clean out of it, and ſtrain the clear tincture out of it, and ſet it on the fire, till it become to be a thick conſiſtence, it muſt be kept with a ſoft fire; And ſo the like with Saffron.

To take away a Hoarſeneſſe.

Take a Turnip, cut a hole in the top of it, and fill it up with brown Sugar candy, and ſo roaſt it in the embers and eat it with butter.

To take away the Head ach.

Take the beſt Sallade oil, and the glaſſe half full with tops of Poppy flowrs which groweth in the Corn, ſet this in the Sun a fortnight, and ſo keep it all the year, and annoint the temples of your head with it.

For a Cough.

Take Sallade oil, *Aquavitæ*, and Sack, of each an equal quantity, beat them altogether, and before the

the fire rub the soles of your feet with it.

To make Jelly of Harts-horn.

Take a quart of running water, and three ounces of Harts-horne scraped very fine, then put it into a stone Jug, and set the Jug in a kettle of water over the fire, and let it boil two or three hours untill it jelly, then put into it three or four spoonfuls of Rose-water, or white wine, then strain it: you may put into it Musk, or Ambergriece, and season it as you please.

To make a Glister.

Take half a quart of new Milk, or three quarters, set it on the fire, and make it scalding hot, then take it off, and put into it the yolk of a new laid Egg beaten, two ounces of brown Sugar candy, or black Sugar, give it to the party blood-warm.

Another.

Take the bone of a Neck of Mutton, or Veal, clean washed, set it on the fire to boil in three pints of fair water, and when it is clean scummed, then put in three roots

of

of Fennel and Parsly clean washed and scraped, of either of them the roots bruised, a handfull of Cammomil, and Mallowes a handfull, let all these boil together till half be wasted, then strain it, take three quarters of a pint of this broth, brown Sugar candy two ounces, of oil of Flax-seed two ounces, mingle all these together, and take it for a Glister, blood-warm, when it is in your body keep it half an hour, or three quarters of an hour, or an hour if you can.

A comfortable Cordial to clear the Heart.

Take one ounce of conserve of Gilliflowrs, four grains of the best Musk bruised as fine as flower, then put it into a little tin pot, and keep it till you have need to make this Cordial following; *viz.* Take the quantity of one Nutmeg out of your tin pot, put to it one spoonfull of Cinnamon water, and one spoonful of the sirrup of Gilliflowrs, Amber-griece, mix all these together, and drink them in the morning fasting three or four hours this is most comfortable.

A Cordial for wind in the stomack, or any part.

Take six or eight spoonfulls of Pennyroyal, water, put into it four drops of oil of Cinnamon, so drink it any time of the day, so you fast two or three hours after.

Restoratives.

Take a well flesht Capon from the barn door, and pluck out his Intrals, then wash it within with a little white wine, then flea off all the skin, and take out his bones, and take the flesh, only cut it in little pieces, and put it in a little stone bottle, & put to it one ounce of white Sugar candy, six Dates slit, with the stones and pithe taken out, one large Mace, then stop the bottle up fast, and set it in a Chafer of water, and let it boil three hours, then take it out, and pour the juyce from the meat, and put to it one spoonful of red Rose water, and take the better part for your break fast four hours before dinner, and the other part at three a clock in the afternoon, being bloud-warm.

Another

Another reſtorative.

Take half a pint of Claret wine and half a pint of Ale, and make a Caudle with a new laid Egg; put in half a Nutmeg cut into two pieces, then take it off the fire, and put in ſeven grains of Ambergriece drink this for two breakfaſts, for it will increaſe blood and ſtrength.

Another Reſtorative.

Take two new laid Egs, and take the whites clean from them, and put the yolks both in one ſhell, then put in two ſpoonfuls of Claret wine, ſeven grains of Ambergriece ſmall bruiſed, and a little Sugar candy, ſtir all theſe together and make them blood warm, and ſup them up for a breakfaſt three or four hours before dinner.

Another Reſtorative.

Take a young leg of Mutton, cut off the ſkin and the fat, take the fleſh being cut into ſmall pieces and put it into a ſtone bottle, then put to it two ounces of Raiſings of the Sun ſtoned, a large Mace, an ounce and half of Sugar-candy

nd ſtop the bottle very cloſe, and
et it boil in a Chafer three hours,
nd ſo put the juyce from the meat
nd keep it in a clean glaſſe, it will
erve for three breakfaſts, or if he
will he may take ſome at three a
lock in the after-noon being made
arm.

A *Reſtoring.*

Take two ounces of Chene roots,
irſt ſlit very thin, then put it in a
kaew Pipkin with five pints of run-
ning water being cloſe covered, and
let it upon embers all night long,
where it may be very hot, but not
eeeth, then put to that water a
great Cock-Chicken, and when all
is clean ſcummed, put into it two
ſpoonfuls of *French* Barly, ſix Dates
lit, with the pithe and ſtones taken
out, two ounces of Raiſins of the
Sun ſton'd, a large Mace, let all
theſe boil together, till half be con-
ſumed, then take out the Cock, and
beat the fleſh of it in a clean Mor-
ter, and a little of the broth, then
ſtrain it altogether throughout a
hair Collender, then put in two
ſpoonfuls of red Roſe-water, and
ſweeten it with white Sugar candy,

drink

drink of this broth, being made warm, half a pint in the morning early fasting, and sleep after it if you can, drink a good draught at three of the clock in the After-noon, this broth is very good for a Consumption, and the longer they take it, it is the better.

A strengthning Meat.

Take Potato roots, roast them or bake them, then pill them, and slice them into a dish, put to it lumps of raw marrow, and a few Currans, a little whole Mace, and sweeten it with Sugar to your taste and so eat instead of buttered Parsnips.

Broth for a Consumption.

Take three marrow bones, break them in pieces, and boil them in a gallon of water till half be consumed, then strain the liquor through a Cullender, and let it stand while it be cold, then take off all the fat clean, and put the broth into a pipkin, and put to it a good Cock Chicken, and a knuckle of Veal, then put into it the bottom of a white loaf, a whole Mace, two ounces

ounces of Raisings of the Sun stoned, six Dates slit, let all these boil together till half be consumed, then strain it, instead of Almonds take a few Pistaries kernils, and beat them, and strain with your broths as you do Almond milk, and so sweeten it with white Sugar, and drink half a pint early in the morning, and at three a clock in the afternoon, and so continue a good while together, or else it will do you no good.

Another Cordial.

Take preserved Nutmeg, cut it in four quarters, eat a quarter at a breakfast, and another in the afternoon, this is good for the head and stomack.

A Cordial for a Breakfast fasting.

Eat a good piece of a Pomecitron preserved, as big as your two fingers in length and breadth, and so at three of the clock in the afternoon.

A Restoring Broth.

Take the brawn of a Capon, or Pullet, twelve Jordan Almonds

blanched, beat them together, and ſtrain out the juyce with a draught of ſtrong broth, and take it for a breakfaſt, or to bedward.

A *Medicine for any griping of the Belly.*

Take a pint of Claret wine, put to it a ſpoonful of Parſly ſeed, and a ſpoonful of ſweet Fennel ſeed, half a dozen Cloves, a branch of Roſemary, a wild Mallow root clean waſht and ſcrapt, and the pith taken out, with a good piece of Sugar; ſet this on the fire, and burn the Claret very well with all theſe things in it, then drink a good draught of it in the morning faſting, and at three a clock in the afternoon.

To keep the Body Lapintine.

Take half a pint of running water, put it in a new Pipkin with a cover, then put into the water two ounces of Manna, and when it is diſſolved, ſtrain it, and put to it four ounces of Damaſk Prunes, eight Cloves, a branch of Roſemary, let all theſe ſtew together while they be very tender, then eat a dozen

dozen of them with a little of the liquor an hour before dinner or supper, then take a draught of broth and dine.

To make the China *Broth for a Consumption.*

Take *China* root thin sliced two ounces, steep it twenty four hours in eight pints of fair water, letting it stand warm all the time, being close covered in an earthen Pipkin, or Iron pot, then put to it a good Cockrel, or two Chickens clean dressed, and scum it well, then put in five leaved Grasse two handfuls, Maiden-hair, Harts tongue, of either half a handful, twenty Dates sliced, two or three Mace, and the bottom of a Manchet, let all these stew together, until not above one quart remains, then strain it, and take all the flesh, and sweet bones, beat them in a stone morter, and strain out all the juyce with the broth, then sweeten it with two ounces of white Sugar candy in pouder and take thereof half a pint at once, early in the morning warm; and sleep after it if you can, and

two hours before ſupper at you
pleaſure; when you ſteep the roo
ſlice two drachms of white Sander
and as much red Sanders, and l
them boil in the broth.

A *gentle* Purge.

Take a pound of Damaſk Roſe
eat it all at one time, faſt thre
quarters of an hour after, then tak
a draught of Broth and dine.

A*nother Purge.*

Take the weight of four or fiv
pence of Rubarb, cut it in litt
pieces, and take a ſpoonful or tw
of good Currans waſht very clea
ſo mingle them together, and
eat them, faſt an hour after, and be
gin that meal with broth, you ma
take it an hour before if you will.

Broth for a Conſumption.

Take a courſe Pullet, and ſow
the belly, and an ounce of the co
ſerves of red roſes, of the conſerv
of Borage and Bugloſſe flowers, c
each of them half an ounce, Pin
Apple kernels, and Piſtaries of eac
half an ounce bruiſed in a morte
two drachms of Amber pouder, a
mixe

mixed together and put in the belly, then boil it in three quarts of water, with Egrimony, Endive and Succory, of each an handful, Sparrowgrasse roots, Fennel roots, Caper roots, and one handful of Raisins of the Sun stoned, when it is almost boiled, take out the Pullet, and beat it in a stone Morter, then put it into the liquor again, and give it three or four wambles more, then strain it, and put to a little red Rose water, and half a pint of white Wine, and so drink it in a morning, and sleep after it.

To prevent miscarrying.

Take *Venice* Turpentine, spread it on black brown paper, the breadth and length of a hand, lay it to the small of her back, then give her to drink a caudle made of Muscadine, and put into it the husks of twenty three sweet Almonds dryed, and finely poudered.

For Boiles, or Kibes, or to draw a Sore.

Take strong Ale, and boil it from a pint to four spoonfuls, and so keep it, it will be an Ointment.

To make Cammomil Oil.

Shred a pound of Cammomil and knead it into a pound of swee Butter, melt it, and strain it.

A Receipt for the Plurisie.

Take three round Balls of Hors dung, boil them in a pint of whit Wine till half be consumed, the strain it out, and sweeten i with a little Sugar, and let the Pa tient go to bed and drink this, the lay him warm.

For an Ague.

Take a pint of milk and set it on the fire, and when it boils put in a pint of Ale, then take off the curd and put in nine heads of *Carduus*, let it boil till half be wasted, then to every quarter of a pint put a good spoonful of Wheat flower, and a quarter of a spoonfull of grosse Pepper, and an hour before the fit, let the Patient drink a quarter of a pint, and be sure to lye in a sweet before the fit.

An excellent Balm for a green wound.

Take two good handfuls of English Tobacco, shred it small, and put

put it in a pint of Sallade oil, and seeth it on a soft fire to simper, till the oil change green, then strain it, and in the cooling put in two ounces of *Venice* Turpintine.

For an Ach.

Take of the best Gall, white wine Vinegar and *Aqua vitæ*, of each a like quantity, and boil it gently on the fire, till it grow clammy, then put it in a glasse or pot, and when you use any of it, warm it against the fire, rub some of it with your hand on the aking place, and lay a Linning cloath on it, do this mornings and evening.

To make a Searcloath.

Virgins Wax, *Sperma Ceti*, *Venice* Turpentine, oil of white Poppy, oil of Ben, oil of sweet Almonds.

For wind in the Stomack, and for the Spleen.

Take an handful of Broom, and boil it in a pint of Beer or Ale till it be half consumed, and drink it for the wind, and the stomack, and for the Spleen.

A most excellent water for a Consumption and Cough of the Lungs.

Take a running Cock, pull him alive, then kill him, when he is almost cold cut him abroad by the back, and take out the Intrals, and wipe him clean, then cut him in quarters, and break the bones, put him into such a Still as you still Rose water in, and with a Pottle of Sack, a pound of Currans, a pound of Raisins of the Sun stoned, a quarter of a pound of Dates, the stones taken out, and the Dates cut smal, two handfuls of wild Thyme, two handfuls of Orgares, two handfuls of Pimperbal, and two handfuls of Rosemary, two handfuls of Bugloss and Borage flowrs, a Pottle of new Milk of a red Cow, still this with a soft fire, put into the glasse that the water doth drop into, half a pound of Sugar candy beaten very smal, one Book of leaf Gold cut small among the Sugar, four grains of Ambergriece, twelve grains of prepared Pearl, you must mingle the strong water with the small, and drink four spoonfuls at a

a time in the morning fasting, and an hour before supper, you must shake about the glasse, when you drink it.

For a bruise.

Take six spoonfuls of Honey, a great handfull of Linseed, bruise these in a Morrer, and boil them in a pint of Milk an hour, then strain it very hard, and anoint your breast and stomack with it every morning, and evening, and lay a red cloth upon it.

The Eye water for the infirmities and diseases of the Eye.

Take of the distilled water of the white wild Rosse, half a pound of the distilled water of Celendine, Fennel, Eye-bright, and Rue of each two ounces, of Cloves an ounce and a half, of white Sugar candy one drachm, of *Tutia* prepared four ounces, pulverize all these ingredients each by themselves, saving that you must bruise the Camphire with your Sugar candy, for so it breaks best, then mix all the powders together in a paper, put them in a strong glasse, pour the distilled wa-

waters upon them, and three pints of the best French white wine that can be had, shake it every day three or four times long together for a month, and then you may use it: remember to keep it very close stopt. This is *verbatum* as it was had from the Lord *Kelly*.

A Medicine *very good for the Dropsie or the Scurvy, and to clear the Bloud.*

Take four gallons of Ale, drawn from the tap into an earthen Stand when the Ale is two dayes old, then you must put in of Brook lime of Water-cresses, of water Mints with red stalks, of each four handfuls, half a peck of Scurvy grasse, let all these be clean picked, and washed and dryed with a cloth, and shred with a knif, and then put into a bag, then put in the Ale and stope it close, so that it have no vent, stop it with Ripe past; the best Scurvey-grasse groweth by the water side, it must be seven dayes after the things be in before you drink it. Take two quarts of water, and put in four ounces of *Guaicum*,

Guaicum, two ounces of Sarsaparilla, one ounce of Saxifrage, put it into a pipkin, and infuse it upon the embers for twelve hours, and then strain it, and put it into the Ale as soon as it hath done working; this being added makes the more Caudle.

For sore Eyes.

Take half a pint of red-Rose water, put therein four pennyworth of Alloe succatrina, as much *Bole armoniack* in quantity, let this lye four and twenty hours in steep, then wash your eye with it evenings and mornings with a Feather, and it will help them.

A Sirrup to strengthen the Stomack, and the Brain, and to make a sweet Breath.

Take Rinds while they be new one pound, of running water the value of five wine pints, then seeth it unto three pints, then strain it, and with one pound of Sugar, seeth it to a Sirrup, and when you take it from the fire, put to it four grains of Musk.

For

For the burning in the back.

Take the juyce of Plantine, and Womans Milk, being of a Woman Child, put thereto a ſpoonfull of Roſe water and wet a fine cloth in the ſame, and ſo lay it to your back where the heat is.

A very good Medicine to ſtay the Vomiting.

Take of Spare Mints, Wormwood, and red Roſe leaves dryed, of each half a handfull, of Rye bread grated a good handfull, boil all theſe in red Roſe-water and Vinegar, till they be ſomewhat tender, then put it into a linnen cloth, and lay it to the ſtomack as hot as you can endure it, heating it two or three times a day with ſuch as it was boiled in.

For weakneſſe in the Back.

Take Nip and Clary, and the Marrow of an Oxe back, chope them very ſmal, then take the yolks of two or three Eggs, and ſtrain them altogether, then fry them, uſe this ſix or ſeven times together and

and after it drink a good draught of Bastard or Muscadine.

To make a Cap for the pain and coldness of the Head.

Take of Storix and Benjamine, of both some twelve penniworth, and bruise it, then quilt it in a brown paper, and wear it behind on your head.

To make pectoral Rouls for a Cold.

Take four ounces of Sugar finely beaten, and half an ounce of searced Liquorice, two grains of Musk, and the weight of two pence of the sirrup of Liquorice, and so beat it up to a perfect paste, with a little sirrup of Horehound, and a little Gum dragon being steeped in Rose water, then roul them in small Rouls and dry them, and so you may keep them all the year.

For the Running of the Reins.

Take the pith of an Ox that goeth down the back, a pint of red Wine, and strain them together through a cloath, then boil them a little with a good quantity of Cinnamon, and a Nutmeg, and a large

large Mace, a quantity of Ambergriece, drink this first & last daily.

For Sun-burn.

Take the juyce of a Lemon, and a little Bay salt, and wash your hand with it, and let them dry of themselves, wash them again, and you shall find all the spots and stains gone.

For a Pin, and Web, and redneſſe in the eye.

Take a pint of white Rose-water, half a pint of white Wine, as much of *Lapis Calaminaris* as a Walnut bruised, put all these in a glasse, and set them in the Sun one week, and shake the glasse every day, then take it out of the Sun, and use it as you shall need.

A Special Medicine to preserve the Sight.

Take of brown Fennel, Honeysuckles of the hedge, of wild Dalsies roots picked, and washed, and dryed, of Peal-wort, of Eye-bright, of Red Roses, the white clipped away, of each of these a handfull dry gathered, then steep all these hearbs in

in a quart or three pints of the best white wine in an earthen pot, and so let it lye in steep two or three dayes close covered, stirring it three times a day, and so still it with a gentle fire, making two distillings, and so keep it for your use.

A *proved Medicine for the yellow Jaundies.*

Take a pint of Muscadine, a pretty quantity of the inner bark of a Barbery tree, three spoonfuls of the greeneſt Goose-dung you can get, and take away all the white spots of it, lay them in steep all night, on the morrow strain it, and put to it one grated Nutmeg, one penniworth of Saffron dryed, and very finly beaten, and give it to drink in the morning.

To make Pectoral Rouls:

Take one pound of fine Sugar, of Liquorice and Anniſe seeds two spoonfuls, Elecampane one spoonfull, of Amber, and Curral, of each a quarter of a spoonful, all this must be very finely beaten and searced, and then the quantity that is set down

down must be taken mix all these pouders together well, then take the white of an Egg, and beat it with a pretty quantity of Musk, then take a brazen morter very well scoured, and a spoonfull or two of the pouders, and drop some of the Egg to it, so beat them to paste, then make them in little rouls, and lay them on a place to dry.

A *Plaister for a sore Breast.*

Take crumbs of wheat bread, the tops of Mint choped small; and boil them in strong Ale, and make it like a poultesse, and when it is almost boiled, put in the pouder of Ginger, and oil of Time; so spread it upon a cloath, it will both draw and heal.

A Medicine for the dead Palsie, and for them that have lost their Speech.

Take Borrage leaves, Marigold leaves, or flowers, of each a good handful, boil it in a good Ale Posset, the Patient must drink a good draught of it in the morning, and sweat; if it be in the armes or legs, they

they muſt be chaſed for an hour or two when they be grieved, and at meals they muſt drink of no other drink till their ſpeech come to them again; and in winter, if the hearbs be not to be had, the ſeeds will ſerve.

An approved Medicine for an Ach or Swelling.

Take the flowers of Cammomil, and Roſe leaves, of each of them a like quantity, and ſeeth them in white wine, and make a Plaiſter thereof, and let it be laid as hot as may be ſuffered to the place grived, and this will eaſe a pain, and aſſwage the ſwelling.

An approved Medicine for a ſtinking Breath.

Take a good quantity of Roſemary leaves and flowers, and boil them in white Wine, and with a little Cinnamon and Benjamin beaten in pouder, being put thereto, let the Patient uſe to waſh his mouth very often therewith, and this will preſently help him.

A good Broth for one that is weak.

Take part of a Neck of Lamb, and a pretty running Fowl, and ſet them on the fire in fair ſpring water, and when it boileth ſcum it well, ſo done, put it in two Mace, and a few Raiſins of the Sun ſtoned, and a little Fennel root, and a Parſley root, let them boil, if the party be grieved with heat or cold in the ſtomack, if heat, put in a handfull of barly boiled before in two waters, and ſome Violet leaves, Sorrel, Succory, and a little Egrimony, if cold, put in Roſemary, Thyme, a little Marigold leaves, Borrage, Bugloſſe, and boil this from four pints to leſſe than one.

A Receipt for Purging. D. T.

Take the leaves of new Sene, ſix ounces, of choſen Rubarb one ounce and half leaves of Sage, and Dock roots, of each an ounce, of Barberries half an ounce, Cinnamon and Nutmeg of each an ounce, Anniſe ſeeds and Fennel ſeeds, of each ſix drachms, of Tamariſk half an ounce Cloves and Mace, of each half a drachm,

drachm, bear them into a grosse pouder, and hang them in a linnen bag, in six gallons of new Ale, so drink it fasting in the morning and at night.

To comfort the Stomack, and help windinesse and Rheum.

Take of Ginger one pennyworth, Cloves four penniworth, Mace seven penniworth, Nutmeg, four pennyworth, Cinnamon four penniworth, and Galingal two penniworth, of each an ounce, of Cubebs, Corral, and Amber, of each two drachms, of Fennel seeds, Dill seed, and Carraway seed, of each one ounce,, of Liquorice and Annise seeds, of each an ounce, all beaten into fine pouder, one pound and a half of fine beaten Sugar, which must be set on a soft fire, and being dissolved, the pouders being well mixed therewith till it be stiffe, then put thereunto half a pint of red Rose water, and mix them well together, and put it into a galley pot, and take thereof first in the morning, and last in the evening, as much as a good Hasel Nut,

Nut, with a ſpoonfull or two of red Wine.

To make a Callice for a weak perſon.

Take a good Chicken, and a piece of the neck end of Lamb or Veal, not ſo much as the Chicken, and ſet them on the fire, and when they boil and are well ſcummed caſt in a large Mace, and the pieces of the bottome of a Manchet, and half a handfull of French Barly boiled in three waters before, and put it to the Broth, and take ſuch herbs as the party requireth, and put them in when the broth hath boiled half an hour, ſo boil it from three and a half to one, then caſt it through a ſtrainer, and ſcum off all the fat, ſo let it cool, then take twenty good Jordan Almonds, or more if they be ſmall, and grind them in a Morrer with ſome of the Broth, or if you think your broth too ſtrong, grind them with ſome fair water, and ſtrain them with the broth; then ſet it upon a few coals and ſeaſon it with ſome Sugar, not too much, and when it is almoſt boiled, take out the chickeſt

and

and beat it all to pieces in the Morter, and put it in again; and it will do well, so there be not to much of the others flesh.

For the Gout.

Take six drachms of Cariacostine fasting in the morning, and fast two hours after it, you may roul it up in a Wafer, and take it as Pils, or in Sack, as you conceive is most agreeable for the stomack; this proportion is sufficient for a Woman, and eight drachms for a Man, and take it every second day, untill you find remedy for it, it is a gentle purge that works only upon winds and water.

The Poulteſſe for the Gout.

Take a penny loaf of white bread and slice it, and put it in fair water, two Eges beaten together, a handfull of red Rose leaves, two pennyworth of Saffron dryed to pouder, then take the bread out of the water, and boil it in a quantity of good milk, with the rest of the ingredients, and apply it to the place grieved, as warm as you can well endure.

For

For them that cannot hear.

Put into their ears good drye Suet.

A Soveraign water, good for many Cures, and the health of Bodies.

Take a gallon of good *Gascoigne* Wine, white or Claret, then take Ginger, Calingal, Cardomon, Cinnamon, Nutmegs, Grains, Cloves: Annise seeds, Fennel seeds, Carraway seeds, of each of them three drachms, then take Sage, Mints, red Rose leaves, Thyme, Pillitory, rosemary, wild Thyme, wild Marjoram, Organy. Pennimountain, Pennyroyal, Cammomil, Lavender, Avens of each of them a handfull, then beat the spices smal; and the Herbs; and put all into the Wine, and let it stand for the space of twelve hours, stirring it divers times: then still it in a Limbeck, and keep the first water by it self, for it is best, then will there come a second water, which is good, but not so good as the first, the Virtues of this Water be these; It comforteth the Spirit Vital, and preserveth greatly the Spirit vital, and preserveth the youth

outh of man, and helpeth all inward diseases coming of cold, and gainst shaking of the Palsie, it cueth the contract of sinews, and helpeth the conception of the barten, it killeth the worms in the elly, it killeth the Gout, it helpeth tooth-ach, it comforteth the tomack very much, it cureth the old Dropsie, it breaketh the stone n the back, and in the reins of the ack, it cureth the Canker, it helpeth shortly the stinking breath; nd whosoever useth this water ft, it preserveth them in good liking; this water will be better if it tand in the Sun all the Summer, nd you must draw of the first waer but a pint, and of the second as ar as it will run, untill the whole allon of wine and hearbs be all lone out, but the last water is very small, and not half so good as he first; if you draw above a pint of the best water, you must have all hings more as is aforesaid.

To stench the bleeding of a Wound.

Take a Hounds turd and lay it n a hot coal, and bind it thereto,

and

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Take a gallon of good *Gascoign* Wine, white or Claret, then take Ginger, Calingal, Cardomon, Cinnamon, Nutmegs, Grains, Cloves, Anniſe ſeeds, Fennel ſeeds, Carraway ſeeds, of each of them three drachms, then take Sage, Mints, red Roſe leaves, Thyme, Pillitory, roſemary, wild Thyme, wild Marjoram, Organy. Pennimountain, Pennyroyal, Cammomil, Lavender, Avens of each of them a handfull, then beat the ſpices ſmal, and the Herbs, and put all into the Wine, and let it ſtand for the ſpace of twelve hours, ſtirring it divers times: then ſtill it in a Limbeck, and keep the firſt water by it ſelf, for it is beſt, then will there come a ſecond water, which is good, but not ſo good as the firſt, the Virtues of this Water be theſe; It comforteth the Spirit Vital, and preſerveth greatly the Spirit vital, and preſerveth the

youth

youth of man, and helpeth all inward diseales coming of cold, and againſt ſhaking of the Palſie, it cureth the contract of ſinews, and helpeth the conception of the barren, it killeth the worms in the belly, it killeth the Gout, it helpeth tooth-ach, it comforteth the ſtomack very much, it cureth the cold Dropſie, it breaketh the ſtone in the back, and in the reins of the back, it cureth the Canker, it helpeth ſhortly the ſtinking breath; and whoſoever uſeth this water oft, it preſerveth them in good liking; this water will be better if it ſtand in the Sun all the Summer, and you muſt draw of the firſt water but a pint, and of the ſecond as far as it will run, untill the whole gallon of wine and hearbs be all done out, but the laſt water is very ſmall, and not half ſo good as the firſt; if you draw above a pint of the beſt water, you muſt have all things more as is aforeſaid.

To ſtench the bleeding of a Wound.

Take a Hounds turd and lay it on a hot coal, and bind it thereto, and

and that ſhall ſtanch bleeding, o
elſe bruiſe a long worm, and ma
pouder of it, and caſt it on th
wound, or take the ear of a Har
and make pouder thereof, and c
that on the wound, and that wi
ſtench bleeding.

For ſpitting of blood after a fall or bruiſe.

Take Bittany, Vervain, Nol
bleed, and five leaved graſſe, of eac
alike, and ſtamp them in a Morte
and wring out the juyce of them
and put to the juyce as much Goa
milk, and let them ſeeth togethe
and let him that is hurt drink of
ſeven dayes together, till the wa
ing of the Moon, and let him drin
Oſmore and Comfry with ſtale Al
and he ſhall be whole.

For to heal him that ſpiteth Blood.

Take the juyce of Bettony, a
temper that with good milk, a
give the ſick to drink four daye
and he ſhall be whole.

For to know whether one that hath the flux ſhall live or die.

Take a penny weight of Treſoi
ſeed

seed, and give him to drink in wine or water, and do this three dayes, and if it cease, he shall live, with the help of Medicine, if not, he shall die.

For to stanch the bleeding of a Vein.

Take Rue and seeth it in water, and after stamp it in a Morter, and lay it on the Vein, then take Lambs wool that was never washed, and lay that thereon, and that shall stench bleeding.

For a Vein that is evil smitten.

Take Beans and peel away the take, and seeth them well in Vinegar, and lay them on the Vein hot, in manner of a plaister.

For one that pisseth Blood.

Take and seeth Garlick in water, till the third part be wasted away, let him drink of the water, and he shall be whole.

For a woman travelling with Child.

Take and give her Tirrany to drink in the morning; and she shall be delivered without peril, or else give her Hysop with water that is

hot, and she shall be delivered of the child, although the child be dead and rotten, and anone when she is delivered, give her the same without wine, or bind the heart Argen into her nostrils, and she shall be soon delivered, or else Pollipody and stamp it, and lay that on the womans foot in manner of a Plaister, and she shall be delivered quick or dead, or else give her Savory with hot water, and she shall be delivered.

Against surfeiting and digesting.

Take the bottome of a wheat loaf, and toft it at the fire, till it be very brown and hard, and then take a good quantity of *Aqua vitæ*, and put upon the same toasted, and put it in a single linnen cloath, and lay it at the breast of the Patient at night, and with the help of God he shall recover, and he shall vomit or purge soon after.

A water to comfort weak Eyes, and to preserve the sight.

Take a gallon and a half of old wheat, fair and clean picked from all manner of soyle, and then still

in an ordinary Still with a soft fire, and the water that comes of it must be put in a glasse, then take half a pound of white Sugar candy, and bruise it in a Morter to ponder, and after three dayes, when the water hath been in a glasse, then put in the pondered Candy, then take in ounce of *Lapis Tutiæ* prepared, and put it into the glasse to the rest of the stuff, then take an ounce of Camphir, and break it between your fingers small, and put it into the glasse, then stop the glasse close, and the longer it stands, the better it will be.

For tender Eyes, or for Children.

Take a little piece of white Sugar candy as much as a Chesnut, and put it into three or four spoonfuls of white wine to steep, then take it out again and dry it, and when it is dry, bruise it in a clean Morter that tastes of no spice, then put it upon a white Paper, and so hold it to the fire that it may be through dry, and then search it through a little five.

For hot eyes and red.

Take ſlugs, ſuch as when yo touch them will turn like the pum mels of ſwords, a dozen or ſixteen ſhake them firſt in a clean cloth, an then in another, and not waſ them, then ſtamp them, and pu three or four ſpoonfuls of Ale them, and ſtrain it through a di cloath, and give it the party mo ning and evening, firſt and laſt.

For Cornes.

Take fair water half a pint, Me cury ſublimate, a penniworth, A lum as much as a Bean, boil a theſe together in a glaſſe Still, t a ſpoonfull be waſted, and alway warm it when you uſe it, this wa ter is alſo good for any Itch, Tett Ring worm or Wart.

A Searcloth, for a Sore, or Sprain, or any Swelling.

Take Vervain ſeven ounces, *Siros* ſeven ounces, of Camphi three drachms, of oyl of Roſes t ounces, let the Wax and the O boil till the wax be melted, the put in your *Siros* finely beaten, ſti

ring it on the fire till it look brown; then put in the Camphire finely beaten, and let it boil two or three wambles, and then dip in your cloaths.

A Poultesse for a Swelling.

Take a good handful of Violet leaves, and as much Grundsell of Chickweed and Mallows, half a handfull, cut all these with a knife, and so seeth them well in Conduit water, and thicken it with Barly meal, being finely sifted, and so roul it sure, and lay it to the swelled place, and shift it twice a day.

To make a strong water good for a Canker, or any old Sore, or to eat any lump of flesh that groweth.

Take of Celendine a handfull, of red Sage a handful, and of Woodbind leaves a handful, shred all these together very small, and steep them in a quart of white wine, and a pint of water, letting it stand all night, and on the morrow strain it, and put therein of Borax, and Camphir of each nine penniworth,

and of Mercury four penniworth and set them on a soft fire, boiling for the space of an hour, and when you will use it, warm a little of it dip in it a cloth, and lay it on the sore, or dip in it any Cotton.

To heal any bruise, Sore, or Swelling

Take two pound of Wax, and two pound of Rosin, and two pound and a half of butter, and four spoonfuls of Flower, and two good spoonfuls of Honey, put in your Wax, Rosin, and your Butter altogether, boil all these together and clarifie it, then put in two ounces of Carmerick, and when it hath thus boiled a quarter of an hour, put a little water in a dish, and put it in, and let it stand till it be cold, and when you will use it, you may melt it on a soft fire, and put in your cloaths, and make Seare-cloath, and you may spread it Plaister wise to heal any wound.

A Medecine for any wound, old or new.

Take a pint of Sallade Oyl, and four ounces of Bees Wax, and two ounces

ounces of Stone pitch, and two ounces of Rosin, and two ounces of *Venice* Turpentine, and one penniworth of Frankincense, and a handful of Rosemary tops, and a handful of Tutson leaves, and a handful of Plantain leaves; these hearbs must be stamped, and the juyce of them put to the things aforesaid, and let them boil together about a quarter of an hour, or there abouts, this being done, put it into an earthen pot, and when it is cold you may use it as you have occasion, and keep it two year; a most excellent Medicine.

A Medicine for a Wen.

Take black Sope and unquencht Lime, of each alike quantity, beat them very small together, and spread it on a woolen cloath, and lay it on the Wen; and it will consume it away.

For breaking out of Childrens heads.

Take of white Wine, and sweet Butter alike, and boil them together till it come to a Salve, and so annoint the head therewith.

For to mundifie, and gently to cleanſe Ulcers, and bred new fleſh.

Take Roſin eight ounces, *Colophonia* four ounces, *Era*, *& Oliva ana* one pound, *Adypis Ovyni*, *Gum Amoniaci Opoponaci*, *ana* one ounce fine *Eruginis æris*, boil your Wax, *Colothoni*, and Roſin, with the Oyl together, then ſtrain the Gums, being firſt diſſolved in Vinegar, and boil it with a gentle fire, then take it off and put in your *Verdigrece*, and fine pouder, and uſe it according to Art.

A Fomentation.

Take the liquor wherein Neats feet have been boiled, with Butter, and new Milk, and uſe in manner of a Fomentation.

For the Falling ſickneſſe, or Convulſions.

Take the dung of a Peacock, make it into pouder, and give ſo much of it to the Patient, as will ly upon a ſhilling, in Succory water, faſting.

For a Tetter, proceeding of a Salt humour in the Breaſt and Paps.

Anoint the ſore place with Tanners Owſe.

For

For the Bloody Flux.

Take the bone of a Gammon of Bacon, and set it up on end in the middle of a Charcoal fire, and let it burn till it look like Chalk. and that it will burn no longer, then pouder it, and give the pouder thereof unto the sick.

A Plaister for all manner of Bruises.

Take one pound of made Wax, and a quarrern of Pitch, half a quarrern of Galbanum, and one pound of sheeps tallow, shred them and seeth them softly, and put them to a little white Wine, or good Vinegar. and take of Frankincense, and Mastick, of each half an ounce in pouder, and put it to, and boil them altogether, and still them till it be well relented, and spread this salve upon a mighty Canvas that will overspread the sore, and lay it thereon hot till it be whole.

To make Elos Unguentorum.

Take Rosin, Petrosin, and half a pound of Virgins wax, Frankincense a quarter of a pound, of Mastick

ſtick half an ounce, of Sheeps tallow a quarter of a pound, of Camphire two drachms, melt that that is to melt, and pouder that that is to pouder, and boil it over the fire, and ſtrain it through a cloth into a pottle of white wine, and boil it altogether, and then let it cool a little, and then put thereto a quartern of Turpentine, and ſtir all well together till it be cold, and keep it well. This Ointment is good for ſores, old or new, it ſuffereth no corruption in the Wound, nor no evil fleſh to be gendered in it, and it is good for head ach, and for all manner of Impoſthumes in the head, and for wind in the brain, and for impoſthumes in the body, and for boiling ears and cheeks, and for ſauce flegme in the face, and for ſinews that be knit, or ſtiffe, or ſprung with travel; it doth draw out a Thorn, or Iron, in what place ſoever it be, and it is good for biting or ſtinging of venemous beaſts; it rotteth and healeth all manner of Botches without, and it is good for a Feſter, and a Canker & *Nolime Tangere*, and it draweth out

all manner of aking of the Liver, and of the Spleen, and of the Mervis, and it is good for aking and swelling of many members, and for all members, and it ceaseth the Flux of Menstrua, and Emeroids, and it is a special thing to make a fumed cloth to heal all manner of sores, and it searcheth fartheſt inward of any Ointment.

An Ointment for all sorts of Aches.

Take Bettony, Cammomile, Celendine, Rosemary, and Rue, of each of them a handful, wash the Hearbs and presse out the water, and then chop or stamp them very smal, and then take fresh butter unwashed and unsalted a quart, and seeth it untill half be wasted, and clarified, then scum it clean, and put in of oil Olives one ounce, a piece of Virgins Wax, for to harden the ointment in the summer time, and if you make it in the Winter, put into your Ointment a little quantity of foot-sene instead of the Virgins Wax.

An excellent Sirrup to purge.

Take of *Sena Alexandrina* one pound,

pound, Polipodium of the Oak four ounces, Sarsaparilla two ounces, Damask Prunes four ounces, Ginger seven drachms, Annise seed one ounce, Cummin seed half an ounce, Carraway seed half an ounce, Cinnamon ten drachms, *Aristolochia retunda*, *Peonia*, of each five drachms, Rubarb one ounce, Agarick six drachms, Tamarisk two handfuls, boil all these in a gallon of fair water unto a pottle, and when the liquor is boiled half away strain it forth, and then put in your Rubarb and Agarick in a clean thin handkercher, and tye it up close, and put into the said liquor, and then put in two pound of fine Sugar, and boil it to the height of a sirrup, and take of it the quantity of six spoonfuls, or more or lesse, as you find it worketh in you.

To make drink for all kind of Surfeits.

Take a quart of *Aqua*, or small *Aqua vitæ*, and put in that a good handful of Cowslip flowers, Sage flowers a good handful, and of Rosemary flowers a handful, sweet Mar-

Marjoram a little, Pellitory of the wall a little, Bettony, and Balm of each a pretty handful, Cinnamon half an ounce, Nutmegs a quarter of an ounce, Fennel-seed, Annise-seed, Coriander seed, Carraway seed, Grumwel seed, Juniper berries, of each a drachm, bruise your spices and seeds, and put them into your *aqua*, or *Aqua vitæ*, with your hearbs together, and put to that three quarters of a pound of very fine Sugar, stir them together and put them in a glasse, and let it stand nine dayes in the Sun, and let it be stirred every day, it is to be made in *May*, steeped in a wide mouthed glasse, and strained out into a narrow mouthed glasse.

A Medecine for the Reins of the Back.

Take Housleek, and stamp and strain it, then dip a fine linnen cloth into it, and lay it to the Reins of the back and that will heal it.

A *Medecine for the Ach in the Back.*

Take Egrimony, and Mugwort both leaves and roots, and stamp it with

with old Bores greaſe, & remper it with Honey and Eyſell, and lay it to the back.

For a Stitch.

Take Roſes, and Cammomil, of each a handful, and oyl of Roſes, and oyl of Cammomil, of both together, a ſaucer full, and a quantity of Barly flower, boil all theſe together in Milk, and then take a linnen bag, and put it therein, and lay the plaiſter as hot as may be ſuffered where the ſtitch is.

To make a Salve for wounds that be cankered, and do burn.

Take the juyce of Smallage, of Morrel, of Waberd, of each alike, then take the white of Eggs, and mingle them together, and put thereto a little Wheat flower, and ſtirre them together till it be thick, but let it come near no fire but all cold, let it be laid on raw to the ſore, and it ſhal cleanſe the wound.

A Medecine for Bone-ach.

Take Brook-lime and Smallage, and Daiſies, with freſh ſheeps tallow, and fry them together, and make

make thereof a plaiſter, and lay it to the ſore, hot.

For Sinews that are ſhrunk.

Take young Swallows out of the neſt, a dozen or ſixteen, and Roſe-mary Lavender, and rotten Straw berry leaves, ſtrings and all, of each a handful, after the quantity of the Swallows, the feathers, guts, and all, bray them in a morter, and fray all them together with *May* Butter, not too much, then put it into an earthen pot, and ſtop it cloſe nine dayes, then fry it again with *May* Butter, and fry it well, and ſtrain it well when you ſhall uſe it, chafe it againſt the fire.

A water for the biting of a mad Dog.

Take Scabios, Marhline, Yarrough, Nightſhade, wild Sage, the leaves of white Lillies, of each a like quantity, and ſtill them in a common Still, and give the quantity of three or four ſpoonfuls of the Water mingled with half a handful of Triacle, to any man or beaſt that is bitten, within three dayes after the biting, and for lake of the water take

take the juyces of these Herbs mingled with Triacle, it will keep the sore from rankling; take Dittany Egrimony, and rusty Bacon, and beat them fine together, and lay it unto the wound, and it will keep it from rankling.

A proved Medecine for any one that have an Ague in their Breast.

Take the Patients own water, or any others that is very young, and set it on the fire, put therein a good handful of Rosemary, and let it boil, then take two red cloaths, and dip them in the water, then nip it hard, and lay it on the Breast as hot as it may be endured, and apply it till you see the Breast assuaged, then keep it very warm.

To kill a Fellon.

Take red Sage, white Sope, and bruise them, and lay it to the Fellon, and that will kill it.

To break a Fellon.

Take the grounds of Ale, and as much Vinegar, the crums of leavened bread, and a little Honey and boil them altogether, till they be

be thick,& lay that hot to the joynt where the Fellon is, and that will heal it.

Doctor Stevens *Soveraign Water.*

Take a gallon of good Gascoign Wine, then take Ginger, Galingal, Cancel, Nutmeg, Grains, Cloves, Anniſe seeds, Carraway seeds, of each a drachm, then take Sage, Mint red Roſes, Thyme, Pellitory, Roſemary, wild Thyme, Cammomile, Lavender, of each an handful; then bray both ſpices and hearbs, and put them all into the Wine; and let them ſtand for twelve hours, divers times ſtirring them, then ſtill that in a Limbeck, but keep that which you ſtill firſt by it ſelf, for that is beſt, but the other is good alſo, but not ſo good as the firſt.

The Virtues of this Water are theſe, It comforteth the Spirits Vital, and helpeth the inward diſeaſes which come of cold; and the ſhaking of the Palſie, it cureth the contradiction of Sinews, and helpeth the conception of Women that be barren, it killeth worms in the body, it cureth the cold Cough,

it

it helpeth the tooth-ach, it comforteth the ſtomack, it cureth the cold dropſie, it helpeth the Stone, it cureth ſhortly the ſtinking breath, and whoſo uſeth this water enough, but not too much, it preſerveth him in good liking, making him young.

Doctor Willoughbies *Water.*

Take Galingal, Cloves, Cubebs, Ginger, Mellilot, Cardamome, Mace, Nutmegs, of each a drachm, and of the juyce of Celendine half a pint, and mingle all theſe made in pouder with the ſaid juyce, and with a pint of good *Aqua vitæ*, and three pints of good white Wine, and put all theſe together in a Still of glaſſe, and let it ſtand ſo a night, and on the morrow ſtill it with an eaſie fire as may be.

The Virtue is of ſecret nature, it diſſolveth the ſwelling of the Lungs without any grievance, and the ſame Lungs being wounded or periſhed, it helpeth and comforteth, and it ſuffereth not the blood to putrifie, he ſhall never need to be let blood that uſeth this Water,

and

and it suffers not the heart to be burnt, nor melancholy or flegm to have dominion above nature, it also expelleth the Rheum, and purifieth the stomack, it preserveth the visage or memory, and destroyeth the Palsie, and if this water be given to a man or woman labouring towards death, one spoonful relieveth. In the Summer time use once a week fasting the quantity of one spoonful, and in winter two spoonfuls.

A Medecine *for them that have a pain after their child bed.*

Take Tar, and fresh Barrowes grease, and boil it together, then take Pigeons dung, and fry it in fresh grease, and put it in a bag.

For the drink: Take a pint of Malmsey, and boil it, and put Bayberries and Suggar in it, and Bayberries must be of the whitest, and put therein some Sanders.

Take some fair water, and set it over the fire, and put some ground Malt in it, when they use these things they must keep their bed.

For

For the running of the Reins.

Take *Venice* Turpentine roule in Sugar and Rose water, swallow it in pretty rouls, and put a piece of Scarlet warm to your back.

For Cods that be swollen.

Stamp Rue and lay thereto.

To draw an Arrow head, or other Iron out of a Wound.

Take the juyce of *Valerian*, in the which you shall wet a Tent and put it into the wound, and lay the same Hearb stamped upon it then your band or binding appertaineth, and by this means you shall draw out the Iron, and after heal the wound as it requireth.

A Plaister for a green Wound.

Take Flower and Milk, and seeth them together till it be thick, then take the white of an Egg and beat them together, and lay it to the wound, and that will keep it from rankling.

For a Lask.

Take an Egg and *Aqua vitæ*, and

boil it with the Egg till it be dry: then take Cinnamon and Sugar and eat with the Egg.

For him that hath a bunch or knot in his head or that hath his head swollen with a fall.

Take an ounce of bay Salt, raw Honey three ounces, Turpentine two ounces, intermingle all this well upon the fire, then lay it abroad upon a linnen cloath, and thereof make a Plaster, the which you shall lay hot to the head, and it will altogether assuage the swelling, and heal it perfectly.

Against the biting of any venemous Beast.

As soon as the person feeleth himself bit with any venemous Beast, or at least, so soon as it is possible, let him take green leaves of Fig-tree, and presse the Milk of them three or four times into the wound: And for this also serveth Mustard seed mingled with vinegar.

A perfect remedy for him that is sore wounded with any Sword or Staffe.

Take *Taxas Barbatus*, and stamp it,

it, and take the juyce of it, and the wound bleed, wipe it, and make it clean, washing it with white Wine or Water, then lay the said juyce upon the wound, and the heard whereof you take the juyce upon it, then make your band, and let it abide on a whole day, and you shall see a wonderful effect.

A Bag to smell unto for Melancholy, or cause one to sleep.

Take dry Rose leaves, keep them close in a glasse which will keep them sweet, then take pouder of Mints, pouder of Cloves in a grosse pouder, and put the same to the Rose leaves, then put all these together in a bag, and take that to bed with you, and it will cause you to sleep, and it is good to smell unto at other times.

For Spitting of Blood.

Take the juyce of Bettony tempered with Goats Milk, and drink thereof three or four mornings together.

An Ointment for all Sores, Cuts, Swellings and Heat.

Take a good quantity of Smal-

lage

ge and Mallowes, and put thereto
wo pound of Bores greaſe, one
ound of Butter, and oil of Neats
ot a quantity, ſtamp them well
ogether, then fry them, and ſtrain
hem into an earthen pot, and keep
t for your uſe.

A Salve for a new Hurt.

Take the whiteſt Virgins Wax
ou can get, and melt it in a pan,
hen put in a quantity of Butter
nd Honey and ſeeth them toge-
her, then ſtrain them in a diſh of
air water, and work it in your
ands, and make it in a round Ball,
nd ſo keep it, and when you will
ſe it, work ſome of it between
your hands, and ſtrike it upon a
loth, and lay it upon the ſore, and
t will draw and heal it.

Againſt the biting of a made Dog, and the rage or madneſs that followeth a man after he is bitten.

Take the bloſſome of flower of
wild Thiſſels dryed in the ſhade
nd beaten to pouder, give him to
rink of that pouder in white wine
alf a walnut ſhel full, and in thrice
aking it he ſhal be healed.

Againſt

Againſt the grief in the Lungs, and ſpiting of Blood.

Take the Herb called of the apothecary *Ungula Caballina*, Engliſh Colts-foot, incorporate well with the lard of a Hog chopped, and a new laid Egg, boil it together in a pan, and give it to the Patient to eat, doing this nine mornings, you ſhall ſee a marvellous thing, this is alſo good to make a man fat.

Againſt ſpiting of Blood by reaſon of ſome vein broken in the breaſt.

Take Miſe dung beaten into powder, as much as will ly upon a groat, and put it in half a glaſſful of the juyce of Plantane with a little Sugar, and ſo give the Patient to drink thereof in the morning before break faſt, and at night before he go to bed, continuing the ſame it will make him whole and ſound.

For to cleanſe the Head.

Take Pellitory of *Spaine*, and chew the roots three dayes, a good quantity, and it will purge the

head, and do away the Ach, and fasten the teeth in the gums.

A *good Remedie against the Plurisie.*

Open a white loaf in the middle new baked, and spread it well with Triacle on both the halfs on the crown side, and heat it at the fire, then lay one of the halfs on the place of the disease, and the other half on the other side of the body directly against it, and so bind them that they loose not, nor stir, leaving them so, a day and a night, or until the Imposthume break, which I have sometimes seen in two hours or lesse, then take away the bread, and immediately the Patient will begin to spit and void the putrefaction of the Imposthume, and after he hath slept a little you shall give him meat, and with the help of God he shall shortly heal.

For *a Pin, or Web in the Eye.*

Take two or three Lice out of ones head, and put them alive into the Eye that is grieved, and so close it up, and most assuredly the

Lice will ſuck out the Web in the Eye, and will cure it, and come forth without any hurt.

A Remedy to be uſed in a fit of the Stone when the water ſtopeth.

Take the freſh ſhels of Snails, the neweſt will look a reddiſh colour and are beſt, take out the ſnails, and dry the ſhels with a moderate heat in an oven after the bread is drawn likewiſe take Bees, and dry them ſo, and beat them ſeverally into pouder, then take twice ſo much of the Bees pouder as the Snails, and mix them well together, keep it cloſe covered in a glaſſe, and when you uſe it, take as much of this pouder as will ly upon a ſixpence, and put it into a quarter of a pint of the diſtilled water of Bean flowrs and drink it faſting, or upon an empty ſtomack, and eat nor drink nothing, for two or three hours after.

This is good to cauſe the party to make urin, and bring away the gravel or ſtone that cauſeth the ſtopping, and hath done very much good.

A Sirrup for the pain in the Stomack.

Take two good handfuls of young Rue, boil it in a quart of good white Wine Vinegar till it be half consumed, so soon as it is through cold, strain it, and put to every pint of the liquor a pound and a quarter of loaf Sugar, and boil it till it come to a Sirrup, when you use it, take a good spoonful of this in the morning fasting, and eat nor drink nothing for two or three hours after, it is good for pain in the stomack, that proceeds of windy vapours, and is excellent good for the Lungs, and obstructions of the Breast.

Receipts for bruises, approved by the Lady of Arundel.

Take black Jeat, beat it to pouder, and let the Patient drink it every morning in beer till it be well.

Another for the same.

Take the sprigs of Oak trees, and put them in a paper, roast them, and break them, and drink as much of the powder as will lye upon a

sixpence every morning untill the Patient be well.

To cause easie labour.

Take ten or twelve dayes before her looking, six ounces of brown Sugar-candy beaten to pouder, a quarter of a pound of Rasins of the Sun stoned, two ounces of Dates unstoned sliced, half an ounce of Anniseeds bruised, a quarter of an ounce of Cawslip flowers, one drachm of Rosemary flowers, put these in a fine lawn bag with a flint stone, that it may sink into a pottle of white Wine, let it steep four and twenty hours, and after take of it in the morning, and at four in the afternoon, and in the evening, the quantity of a wine glasse full.

A Cordial for the Sea.

Take one ounce of sirrupe of Clove-gilliflowers, one drachm of *Confection Alchermes*, one ounce and a half Borrage water, and the like of Mint water, one ounce of Mr. *Mountfords* water, and as much of Cinnamon water, temper all these together in a Cordial, and take

take a spoonful at a time when you are at Sea.

A Plaister to strengthen the Back.

Take eight yolks of Eggs new laid, one ounce of Frankincense beaten into fine pouder, mingle them well together, put in as much Barly flower as will make it thick for a Plaister, spread it on leather, lay it to the small of the Back, letting it lie nine hours, use four plaisters one after another, you must slit the Plaister in the midst, so as it may not lie on the back-bone.

A present remedy for a woman with child, that hath taken harm by a fall, or fright, or any mischance.

To stay the Child, and strengthen it, take one ounce of Pickerel jawes fine beaten and searced, of Dates stones, and *Bole armoniack*, of each an ounce, of *Sanguis Draconis*, half an ounce, give of these, being well searced and mingled together, a French Crown weight in Muskadine or Malmsey, and let the Woman keep her very warm.

For a weak Back.

Take of red Lead half a pound, of

white Lead half a pound, boil the in three pints of Sallade oil in pipkin, ſtirring them continuall with a piece of Iron, untill it be a gray colour, then roul it up i rouls, and keep it for your uſe.

Oyl of Saint Johns-Wort.

Take a quart of Sallade oil, pu thereto a quart of the flowers o St. *Johns*-wort, well picked, le them be therein all the year, till the ſeeds be ripe, the glaſſe muſt b kept warm, either in the Sun or i water all the Summer untill the ſeeds be ripe, then put a quarter o Saint *Johns* Wort ſeeds whole, and ſo let it ſtand twelve hours, then ſeeth the oil eight hours, the glaſs being kept open, and the water in the pot full as high as the oil is of height in the glaſſe, then when it is cold ſtrain it, that the ſeeds may not remain in the oil, and then pu up the oil for your uſe.

A green Salve for an old Sore.

Take an handful of Groundſell, as much Houſleek, of Marigold leaves a handfull, pick and wipe theſe Hearbs clean, but waſh them not

not, then beat all these hearbs in a wooden boul as smal as is possible, then strain out all the juyce, and put in a quantity of Hogs grease, as much as two Eggs, beat all these together again, then put in the juyce again, and put in ten Eggs, yolks and whites, five spoonfuls of Honey, and as much wheat flower as will make all this as thick as a salve, and so stir it very well together, and put it close up in a pot that it take no air, and keep it for your use.

A most excellent Pouder for the Collick and Stone.

You must take it morning and evening before you go to bed, *Sperma Cœti* one ounce and a half, Cloves and Mace one quarter of an ounce, Annise seeds, and *Perstone*, of each two ounces, Cinnamon, and small Pepper of each one quarter of an ounce, Date stones a quarter of an ounce, Liquorice, Fennel, red Sage, Bay berries, of each three quarters of an ounce; Acornes one quarter and half of an ounce, Lilly roots two drachms, the white of

Oyster shels burned in the fire one quarter of an ounce, beat all these into fine pouder, and drink as much thereof in Ale or Beer as will lie on a sixpence, & fast one hour or two after it: If the party be sore grieved take on handfull of Parsly, and seeth it in Ale till half be sod away, with twenty or thirty Prunes therein strained, and put thereto two spoonfuls of this pouder, and drink it mornings and evenings somewhat warm.

A *present Remedy for the running of the Reins.*

Take an ounce of Nutmegs, half an ounce of Mastick, then slice the Nutmegs, and put them in steep in Rose Vinegar all one night, then lay them in a dish to dry before the fire, then take the Mastick and lay in Papers, and beat it with a hammer very small, and put a little Corral well beaten unto it, and as much Ambergriece, then mingle these things together with Sugar, and make it pleasant to eat, and so take a good quantity morning and evening.

A *Salve for a green wound.*

Take two handfuls of water-Dittany, two handfuls of Rosemary shred very small, a quarter of a pint of Turpentine, half a pound of yellow Wax, a quart of Sallade oil, half a pint of white Wine, boil all these together while the white Wine be quite consumed, then it will be green and come to the height of a Salve.

An approved Medicine for a burning or scalding by lightning or otherwise.

Take Hogs grease, or Sheeps treacles, and Alehoof, beat these very well together, then take more Hogs grease, and boil it to a Salve.

To use it.

Annoint the place grieved with this Ointment, and then lay upon the sore so anointed Colewort leaves, which must be boiled very soft in water, and the strings made smooth with beating them with a Pestle.

A *Pouder for the green sickness, approved with very good success upon many.*

Take of Cloves, Mace, Nutmegs,

of each one quarter of an ounce, beat them ſeverally, and then altogether very well, fine ſugar very ſmal beaten, one quarter of a pound and then mix and beat them all four together, Pear the ſixt part of half an ounce finely beaten, mingle it with the reſt, and beat them altogether again, the filing of Iron or Steel an ounce and a quarter, ſift it very fine, and mingle it with the reſt, but if ſo ſmall a quantity will not ſerve, add a quarter more of the mettal, let it be ſifted before you weigh it, but if all this will not ſerve the turn, put in a little Rubarb, or a little Aloeſacatrina.

The manner of uſing this pouder.

In the morning when you ariſe, take half a ſpoonful of it, as much at four a clock in the afternoon, and as much when you go to bed, walk or ſtir much after the firſt taking of it, I mean every morning and evening, faſt one hour after the taking of it, or more, and then eat ſome Sugar ſops or thin broth.

The Patients Diet.

She muſt forebear Oatmeal in broth

broth or in any thing, Cheese, Eggs Custards, or any stopping meat: take care that this be not given to any Woman that hath conceived or is with Childe.

A drink to stanch blood inwardly.

Take the juce of one handful of Shepherds-purse, of Parsly, and Five-finger, of each as much, take five slips of Egrimony, strain all these juyces into the milk of a red Cow, and drink thereof early and late, warm.

A Pouder to keep the Teeth clean, and from worm-eaten.

Take Rosemary burned to ashes, Cuttles bone, Harts horn burned to pouder, *Sal Gemmæ* twelve penniweight, the flowers of Pomegranates, white Coral, of each a sixpenny weight, make all these in pouder and with a little Rose-water, and a Sage leaf rub the Teeth.

A Salve to heal all manner of sores and cuts.

Take one pint of Turpentine, one pint of oil Olive, a quarter of a pint of running water, nine branches of Rose-

Rosemary, one ounce of unwrought Wax, two ounces of Rosat, seeth all these together in a little pan over the fire, let it seeth until there arise a little white scum upon it, then stir it with a stick, suffering it to boil untill one quarter be consumed, then take it from the fire, strain it through a course cloth, but it must be done quickly after it be taken from the fire for cooling, after you have strained it into an earthen pot, let it cool, and keep it for your use.

To make oil of Sage, good for the grief in any joynt, or for any ach.

Take Sage and Parsly, seeth them in the oil Olive, till it be thick and green.

A Medicine to purge and amend the Heart, Stomack, Spleen, Liver, Lungs, and Brain.

Take Alexander, Water-cresses, young Mallows, Borrage, and Fennel roots pared, Mercury, Harts-tongue, and Clare, and make of these Pottage.

To drive infectious Diseases from the Heart.

Take Mithridate, and Century, of each two ounces, eight spoonfuls of Dragon Water, one pint of white Wine, seven spoonfuls of *Aqua vitæ*, boil altogether a little, strain it, then set it on the fire again a little while, and drink of it morning and evening.

For the Tooth ach.

Take Pepper and Grains, of each one ounce, bruise them, and compound them with the water of the diseased, and make it of a good thickness, and lay it outward on the cheek against the place grieved, and it will help it for ever after.

Another.

Take dryed Sage, make pouder of it, burnt Allum, Bay Salt dryed, make all in fine pouder, and lay it to the tooth where the pain is, and also rub the gums with it.

For the Strangullion or the Stone.

Take the inner rind of a young Ash, between two or three years of growth,

then ſtrike upon the ointment the beſt Jane triacle, and upon that ſtrew groſſe Pepper very thick, ſtrike it on with a knife, warm the plaiſter, and bind it round your throat to your ears, renew it once a day with the ointment, and the Triacle, and Pepper, and lay it on again, before you uſe this ointment ſcour your mouth and throat with the pouder of Roach Allum burned mix it with the pouder of Madder or Pepper.

For the Hearing.

Take an Onion, take the core out of it, fill it with Pepper, ſlice it in the midſt, being firſt wrapt in paper and roaſted in the embers, lay it to each ear.

For a dead Child in a Womans Body.

Take the juyce of Hyſop, temper it in warm water, and give it the Woman to drink.

For a woman that hath her Flowers too much.

Take a Hares foot, and burn it, make pouder of it, and let her drink it with ſtale Ale.

A *Medicine for the Gout.*

Take Tetberry roots, and wash and scrape them clean, and slice them thin, then take the grease of Barrow hog, the quantity of either alike, then take an earthen pot, then lay a lane of grease in the bottome, then a lane of roots, then the grease again, and so roots and grease till the pot be full, then stop the pot very close, and set it in a dunghill one and twenty dayes, then beat it altogether in a boul, then boil it a good while, then strain it, and put in a penniworth of *Aqua vitæ*, then annoint the place grieved very warm against the fire.

A *Diet drink for the running Gout, ach in the joynts, and for all infections.*

Set seven quarts of water on the fire, and when it boileth, put therein four ounces of *Saraparilla* bruised, and let it boil two hours very softly, close stoped or covered, then put in four ounces of Sene, three ounces of Liquorice bruised, *Stacados*, *Hermodactil Epithymum*, and of Cammomil flowers, of every one half

growth, dry it to pouder, and drink of it as much at once, as will ly on a ſixpence in Ale or white Wine, and it will bring preſent remedy: the party muſt be kept warm two hours after it.

For the Stone.

Take the ſtone that groweth within the gall of an Ox, grate it, and drink of it in white Wine, as much as will lie upon a ſixpence at once, for want of white Wine make a poſſet of Ale, and clarifie the Ale from the curd, then boil one handfull of Pellitory therein, and drink of the pouder with it.

For the black Jaundies.

Take earth worms, waſh them in white Wine, then dry them, and beat them into ponder, and put to a little Saffron, and drink it in Beer.

A drawing Salve for an old Sore.

Take Roſin half a pound beaten to pouder, ſheeps tallow a quarter of a pound, melt them together, and pour them into a Baſon of water, and when they begin to cool a little

little, work them well with your hands in the water, and out of the water, drawing it up and down the space of one hour till it be very white, then make it up in rouls, and reserve it, to strike thin Plaisters upon old Sores.

A *water to wash Sores withall.*

Take Wormwood, Sage, Plantain leaves, of each one handful, Allum two ounces, Honey two saucers full, boil all these together in three pints of water till half be consumed, then strain it, and reserve that liquor to wash the sore withall.

A *Medicine to cure the Garget in the throat.*

Take a pint of *May* Butter, and put it on the fire in a posnet, and put into it of the inner bark of Elder one good handful, and some Daisie roots, seeth it to half the quantity, and strain it, and so keep it cool, take this ointment and annoint your throat, then take the ointment, and strike a long Plaister with it very thick of the ointment, then

then ſtrike upon the ointment the beſt Jane triacle, and upon that ſtrew groſſe Pepper very thick, ſtrike it on with a knife, warm the plaiſter, and bind it round your throat to your ears, renew it once a day with the ointment, and the Triacle, and Pepper, and lay it on again, before you uſe this ointment ſcour your mouth and throat with the pouder of Roach Allum burned mix it with the pouder of Madder or Pepper.

For the Hearing.

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Take Tetberry roots, and wash and scrape them clean, and slice them thin, then take the grease of Barrow hog, the quantity of either alike, then take an earthen pot, then lay a lane of grease in the bottome, then a lane of roots, then the grease again, and so roots and grease till the pot be full, then stop the pot very close, and set it in a dunghill one and twenty dayes, then beat it altogether in a boul, then boil it a good while, then strain it, and put in a penniworth of *Aqua vitæ*, then annoint the place grieved very warm against the fire.

A *Diet drink for the running Gout, ach in the joynts, and for all infections.*

Set seven quarts of water on the fire, and when it boileth, put therein four ounces of *Saraparilla* bruised, and let it boil two hours very softly, close stoped or covered, then put in four ounces of Sene, three ounces of Liquorice bruised, *Stacados*, *Hermodactil Epithymum*, and of Cammomil flowers, of every one half

half an ounce, and so boil all these two hours very softly, then strain it, and keep it in a close vessel close stopped, when it is cold, then boil again all the aforesaid ingredients in seven quarts of water four hours with a soft fire close covered, then strain it and keep it as the other by it self, and take of the first a good draught one hour before you arise in the morning, and a draught at the beginning of dinner, and another at supper, and going to bed, and at all other times, drink of the latter when you list, and eat no meat but dry roasted Mutton, Capon, Rabbet, without Salt, and not basted, but to your breakfast, a poached Egg, no bread, but Bisket, or dyet cruft, and at night Rasins of the Sun, and bisket bread, drink no other drink but this.

A Plaister to heal any Sore.

Take of Sage, Hearb grace, of each a like quantity, Ribwort, Plantain, and Daisie roots, more then half so much of each of them, with Wax, fresh grease, and rosin, make it a Salve, if the flesh grow proud, then

then put alwayes upon the Plaister before you lay it to the sore, burnt Allum, and it will correct the flesh.

To cause a Woman to have her sickneſse.

Take Egrimony, Motherwort, Avens and Parsly, shred them smal with oatmeal, make pottage of them with pork, let her eat the Pottage, but not the Pork.

For the Stone.

Take the green weed of the Sea, which is brought with Oysters, wash it, and dry it to pouder, drink it with Malmsey fasting.

To kill Wormes.

Take Alcesuccatrina two ounces, let it stand in a quart of Malmsey eight hours, drink it morning and evening.

For a hot Rheum in the Head.

Take Rose water, Vinegar, and Sallade oil, mix them well together, and lay it to the head warm.

For a Lask.

Take the nether jaw of a Pike, beat it to pouder and drink it.

For

For an Itch, or any scurf of the Body.

Take Elecampane roots or leaves, stamp them, and fry them with fresh Grease, strain it into a dish, and annoint the Patient.

For one that is bruised with a fall.

Take Horse dung, and Sheeps suet, boil them together, and apply it to the same place, being laid upon a cloth.

For the Emerhoides.

Take Hops and Vinegar, fry them together, and put it into a little bag, and lay it as hot as may be endured to the Fundament, divers bags one after another, and let one continue at it.

For one that is burned with Gun pouder or otherwise.

Take one handful of Groundsel, twelve heads of Housleek, one pint of Goose dung, as much Chickens dung, of the newest that may be gotten, stamp the hearbs as small as you can, then put the dung into a mortar, temper them together with a pottle of Bores grease, labour them together half an hour, and strain it through a Canvas bag with

a

a cleft stick into an earthen pan, and use it when need requireth, it will last two year.

To heal a prick with a nail or thorne.

Take two handfuls of Celendine, as much Orpen cut in small, and boil it with oil olive, and unwrought Wax, then strain it and use it.

To stop the bleeding of a cut or Wound.

Take Hop, stamp it, and put it into the wound, if Hop will not do it, then put to it Vinegar with the Hop.

For a Scald.

Take the leaves of ground Ivie, three handfuls. Housleek one hand ful; wash them and stamp them in a stone Morrar very small, and as you stamp them, put in a pint of cream by little and little, then strain it, and put it in a pot with a feather, take of this and annoint the scalded place, and then wet a linnen cloth in the same ointment, and lay it on the place, and over that roul other cloths,

An

An ointment for a Tetter.

Take *Sal armoniack* one ounce, beat it into fine pouder, then mix it with sope and fresh grease, of each two ounces, make an ointment and anoint the place.

For the singing in the Head.

Take an Onion, cut out the core, and fill that place with the pouder of Cummin, and the juyce of Rue, set on the top again, and roast the Onion in embers; then put away the out side and put it in a cloath, wring out the juyce, take black wooll and dip it in, put this into thine ear where the singing is, and if it be on both sides, then serve one after another.

A drink for one that is weak, and misdoubting a Consumption.

Take three handfuls of Rosemary, bruise it a little, and close it in paste, bake it in an Oven until it be well dryed, then cut the paste, and take forth the Rosemary, infuse it in two quarts of Claret wine, with two ounces of good Triacle, one ounce

ounce of Nutmegs, of Cinnamon, and Ginger of each half an ounce bruised, let them stand infused two nights and one day, then distill it in a Limbeck, drink thereof one spoonful or two next your heart.

A drink for the Plague.

Take red Sage, Hearb-grasse, Elder leaves, red Briar leaves, of each one handful, stamp them and strain them with a quart of white Wine, and then put to it *Aqua vitæ* and Ginger, drink thereof every morning one spoonful, nine mornings together and it will preserve you.

For a bruise or Stitch.

Take the kernels of Walnuts, and small nuts, Figs, Rue, of each one handful, white Salt the quantity of one Walnut, one race of Ginger, one spoonful of Honey, beat them all together very fine, and eat of it three or four times every day, take a plaister of it, and lay it to the place grieved.

A drink for one that hath a Rupture.

Take Comfrey one good handfull,

ful, wild Daſie roots as much; and the like of knotted graſs, ſtampa theſe together, and ſtrain it wit Malmſey, and give it to the Patie to drink morning and evening nin dayes blood warm: If it be a ma that hath been long ſo, he muſt li nine dayes upon his back, and ſti as little as he can: If he be child, he muſt be kept ſo much ing as you may for nine dayes, you think the drink too ſtrong fo the child, give it him but five da in Malmſey, and the reſt in ſta Ale, have care that the party ha a good, Truſs, and keep him truſſe one whole year at the leaſt.

A plaiſter for a Rupture.

Take the juyce of Comfrey, wil Daiſie-roots, and knotted graſſe, each a like quantity, freſh butt and unwrought Wax, of each a lik quantity, clarifie them ſeverall then take of the roots of Co dry it and make ponder of it; the pouder of Anniſe ſeed, Cumminſeed, but twiſe as mu Cumminſeed as Anniſe ſeed, b theſe pouders in the Butter

unwrought Wax on a soft fire a good while, then put in your juyce, let it boil a wamble or two, so take it from the fire, stir it altogether till it be cold, take thereof and spread it, and lay it to his Cods as hot as he can suffer it, and use this till he be whole: this plaister is most excellent for a Child that is burst at the Navel.

CRATIOSA CURA.

A Water for a Cutor or a Sore.

Take Honeysuckles the knots nipt off, flowers of Celendine, flowers of red Sage, of each three spoonfuls Five-finger, Comphey such as is to knit bones, Daisies with the roots thereon, Ladder of Heaven, Blossoms of Rosemary, Setwel, Hearbgrace, Smallage, red Roses with the knots on, or else Red Rose-cakes, Adders-tongue, of each of these one handful, seeth all these together in six gallons of water that runneth towards the East, until two gallons be sod in, then straiu them, and put to the water three quarts of English Honey, one pound Roch Allum, one penniworth of

Madder, one penniworth of long Pepper, ſeeth altogether until one gallon be conſumed, then cleanſe the water.

For *a wind Collick.*

Take the flowers of Walnuts, and dry them to powder, and take of them in your Ale or Beer, or in your Broth as you like beſt, and it will help you.

To *make a Soverain Oil of a* Fox *for the nummed Palſie.*

Take a Fox new killed, caſed, and bowelled, then put into the body of Dill, Mugwort, Cammomil, Cau pits, Southernwood, red Sage, Ori ganum, Hop *ſtæcad*, Roſemary, Coſt mary, Cowſlip flowres, Balm, Bet tony, ſweet Marjoram, of each a good handful, chop them ſmal, and put thereto of the beſt oil of Caſto Dill, and Cammomil, of each four ounces, mix the hearbs and oils to gether, and ſtrow over them *Abſin nitum* a good handful, put them all into the Fox, and ſew up his belly cloſe, and with a quick fire roa him, and the oil that dropeth out

a most singular oil for all Palsies or numnesse Approved.

To comfort the Brain, *and procure sleep.*

Take brown bread-crums, the quantity of one Walnut, one Nutmeg beaten to powder, one drachm of Cinnamon, put these into a Napkin, with two spoonfuls of Vinegar, four spoonfuls of Rose water, and one of womans Milk.

For the weakness in the Back.

Take the pith of an Oxe back, put it into a pottle of water, then seeth it to a quart, then take a handful of Comfrey, one handful of knotted grass, one handful of Shepherds-purse, put these into a quart of water, boil them unto a pint with six Dates boiled therein.

For a Canker in any part of the Body.

Take Filberd, Nut leaves, Lavender cotton, Southerwood, Wormwood, Sage, Woodbine-leaves sweet Bryer-leaves, of each a like quantity, of Allum, and Honey a good quantity, seeth all these till they

be half ſodden, then waſh th
ſore with it.

For an old Bruiſe.

Take one ſpoonfull of the juy
of Tanſie, and as much Nip, tw
penniworth of *Sperma Cœti*, pu
it into a little Ale, and drink it.

Oyl of Foxes or Badgers, for Ach in the joynts, the Sciatica, Diſeaſes of the Sinews; and pains in the Reins and Back.

Take a live Fox or Badger, of
middle age, of a full body, we
fed, and fat, kill him, bowel an
ſkin him, ſome take not out hi
bowels, but onely his excrement
in his guts, becauſe his guts hav
much greaſe about them, brea
his bones ſmall that you ma
have all the marrow, this don
ſet him a boiling in ſalt Brine
and Sea water, and Salt water
of each a pint and a half, of o
three pints, of Salt three ounce
in the end of the decoction pu
theret

thereto the leaves of Sage, Rosemary, Dill, Organy, Marjoram, and Juniper berries, and when the is so sodden that his bones and flesh do part in sunder, strain all through a strainer, and keep it in a Vessell to make Linaments for the ach in the joynts, the Sciatica, Diseases of the Sinews, and pains of the Reins and Back.

To make the Leaden Plaister

Take two pound and four ounces of oil-Olive of the best, of good red Lead one pound, white Lead one pound well beaten to dust, twelve ounces of Spanish Sope, and incorporate all these well together in an earthen pot, well glased before you put them to boil, and when they are well incorporated, that the Sope cometh upward, then put it upon a small fire of coals, continuing the fire for the space of one hour, and an half, still stirring it with an Iron Ball upon the end of a stick, then make the fire somewhat bigger untill the redness be turned into a gray colour, but you must not

leave ſtiring till the matter be turned into the colour of oil, or ſomewhat darker, then drop of it upon a wooden trencher, and if it cleave not to the finger it is enough, then make it up into rouls, it will keep twenty years, the older the better.

The virtue of the Plaiſter:

The ſame being laid upon the ſtomack provoketh appetite, it taketh away any grief in the ſtomack, being laid on the belly is a preſent remedy for the Chollick, and laid unto the reins of the back, it is good for the bloody Flux, running of the Reins, the heat of the Kidneys, and weakneſſe of the back, the ſame healeth all ſwellings, bruiſes, and taketh away Ach, it breaks Fellons puſhes, and other Impoſthumes and healeth them, the ſame draweth out any running humour, without breaking the ſkin, and being applyed to the Fundament, it healeth any diſeaſe there growing, being laid on the head is good for the Uvudla, it helpeth the head-ach, and is good for the eyes.

For the pricking of a Thorne.

Take fine Wheat flower boulted, temper it with Wine, and ſeeth it thick, lay it hot to the Sore,

A moſt excellent water for ſore Eyes.

Take a quart of Spring water, ſet it upon the fire in an earthen Pipkin, then put into it three ſpoonfuls of white Salt, and one ſpoonful of white Coperas, then boil them a quarter of an hour, ſcum it as it doth boil, then ſtrain it through a fine linnen cloth, and keep it for your uſe.

When you take it you muſt lie down upon the bed, and drop two drops of it in your eye, ſo reſt one quarter of an hour, not wiping your eyes, and uſe it as often as need ſhall require.

If the eye have any Pearl or Felm growing upon it, then take a handful of red double Daſie leaves, and ſtamp them and ſtrain them throgh a linnen cloth, and drop thereof one drop into your eye, uſing it three times.

A Plaiſter for one that is bruiſed.

Take half a pint of Sallade Oyl, or Neats-foot Oyl, half a pint of Engliſh Honey, two or three penniworth of Turpentine, a good quantity of Hogs greaſe, two or three penniworth of *Bole Armoniack*, half a pint of ſtrong Wine Vinegar, half a dozen of Eggſhels, and all beaten very ſmall, one handful of white Salt, put all theſe together into an earthen pot, and ſtir and mingle them together exceeding well, then as much Bean-flower or Wheat flower as will thicken it plaiſter-wiſe, then with your hand ſtrike it on the grieved place once a day, and by Gods help it will eaſe any ſore that cometh by means of ſtriking, wrinching, bruiſing, or other kind of ſwelling that proceedeth of evil humours.

Balm water for a Surfeit.

Take two gallons of ſtrong Ale, and one quart of Sack, take four pound of young Balm leaves, and ſhred them, then take one pound of Anniſe-ſeeds, and as much Liquorice

rice beaten to pouder, put them all into the Ale and Sack to steep twelve hours, put it into a Limbeck, and so still it, it is good for a surfeit of choler for to comfort the heart, and for an Ague.

A Restorative water in sickness, the Patient being weak.

Take three pints of very good new milk, and put thereto one pint of very good red Wine, the yolks 21 Eggs, and beat them together, that done, put in as much fine Manchet as shall suck up the Milk and Wine, then put the same into a fair Stallatory, and still it with a soaking fire, and take a spoonful of this water in your Pottage to drink and this in one or two months will prevent the Consumption.

To make a Caudle to prevent the Lask.

Take half a pound of unblanched Almonds, stamp them, and strain it into a quart of Ale, and set it on the fire, then take the yolks of four Eggs, and make it for a Caudle, and so season it with a good quantity

of Cinnamon and Sugar, and eat it every morning at breakfast.

For one that cannot make water, and to break the Stone.

Pare a Raddish root, and slice it then, and put it into a pint of white Wine, and let it infuse six or seven hours, then strain it, and set it on the fire; and put therero one Parsley root, and one spoonful of Parsley-seed, and half a handful of Pellitory of the wall, and seeth it untill half be wasted, and give it lukewarm to drink.

The Diet against Melancholy.

Take Sene eight ounces, Rubarb six drachms, Polipody of the Oak, *Sarsaparilla*, and Madder roots, of each four ounces, Anniseeds, Fennel seeds, *Epithymum*, of each one ounce. Mace, Cloves, and Nutmeg, of each two ounces, Egrimony, Scabios, and red Dock roots of each one handful, make them all small, and put into a long narrow bag or boulter, hang it into a Vessel of Ale that containeth six gallons, when it is a week old, drink it morn-

morning and evening for the space of one fortnight, keep you all that time warm, and a good Diet.

A Sirrup to open the Liver.

Take Lungwort, Maidenhair, Egrimony, Scabios, of each one handful, Chamepitis, Hyssop, of each a dozen Crops, Endive, and Succory, of each three or four leaves, of young Fennel and Parsley of each one root, one stick of Liquorice, one spoonful of Barberries clean washed, one spoonful of Annise seeds, twenty Raisins of the Sun stoned: boil all these in a bottle of water to a quart, then strain it, and put thereto of the best Sugar one quarter of a pound, Conserve of Violets one ounce, and so boil it as long as any scum ariseth, then strain it again, and use this very warm.

For one that cannot make water.

Take the seeds of Parsley, of red Fennel, of Saxifrage, of Carraways, of the kernil of Hip berries, of each a like quantity, put in some pouder of Jet, mingle these, being beaten to pouder, well together, and

and drink it in ſtale Ale luke-warm.

To make Aqua Compoſita.

Take of Anniſe-ſeeds and Liquorice bruiſed, of each half a pound, Thyme and Fennel, of each half a handful, Calamint, two handfuls, Coriander, and Carraway ſeeds bruiſed of each two ounces, Roſemary and Sage of each half a handful, infuſe theſe a whole night in three gallons of red Wine, or ſtrong Ale, then ſtill it in a Limbeck with a ſoft fire.

An Ointment for a Swelling.

Take of Marſh Mallows, of Wormwood, of Smallage, of each one handful, boil it with one pound of the greaſe of a Barrow Hog until it be very green, then ſtrain it and keep it very cloſe. Lady *Pawlet.*

A Plaiſter for the Back.

Take half a pint of Oil of Roſes, four ounces of white Lead ground into fine pouder, put your Oil into a clean Poſnet, and ſet it on

on the fire, and when it is warm, put in your white Lead, ever stirring it, then put into it of your Wax one quarter, stir it until it be black, then take it from the fire, and in the cooling put thereto two penniworth of Camphire of white Sanders, and yellow Sanders, of each the weight of fourpence, fine *Bole* and *Tarra sigillata*, of each two penny weight in fine pouder all, still stirring it till it be almost cold, and so make it up in rouls: use it as need requires, for all weakneſſe, wasting, or heat in the Kidneys. *Craniſh.*

To make Oil of Swallows.

Take one handful of Mother-Thyme, of Lavender cotton, and Strawberry leaves, of each alike, four Swallows, Feathers and altogether well bruiſed, three ounces of Sallade oyl, beat the Hearbs, and the Swallows, feathers and altogether, untill they be so small that you can see no feathers, then put in the oil, and stir them well together and seeth them in a Posnet, and strain them through a canvas cloth and so keep it for your use. For

For a Thorn, Fellon, or Prick.

Take the juyce of Fetherfew, of Smallage, of each one saucer full, put to it as much of Wheat flower as will make it somewhat thick and put to it of good black Sope the quantity of a Walnut, mingle them together and lay them to the sore.

A drink for one that hath a Rupture.

Take the Comfit, otherwise called Bonesel, a pretty handful, of Woodbitten as much, Bread, Plantains, and leaves of Cammock, somwhat more than a handful, of Vervin as much as of the Cammock, of Daisie roots a small quantity, of Elder tops, or young buds, the least quantity, stamp all these together and put unto them, being stamped one pint of pure white Wine, then strain it and drink of it morning and evening, one hour or more before breakfast or Supper, a good draught blood warm.

If it be a sucking Child, let the Nurse drink posset ale of the aforesaid

said drink, and let the Child suck immediately, if he be an old body let him take it lying in his bed nine daies, if it may be conveniently, or otherwise to use no straining.

For a Lask or Flux.

Take one quart of red Wine, as much running water, one ounce of Cinnamon, seeth these half away, and give the Patient six spoonfuls to drink morning and evening, if you think it be too harsh put in a piece of Sugar.

A Lotion water for the Canker.

Take one gallon of pure water, four handfuls of Woodbine, of Marigolds, and Tetsul, of each two handfuls, of Celendine, Rue, Sage and Egrimony, of each one handful, boil all these to a quart, then strain it, and put thereto two great spoonfuls of the best English Honey, and one ounce of Roach Allum, boil them all again as long as any scum ariseth, then take it off, and put it in a close bottle, and use it bloud warm when need requireth.

For

For the Mother.

Take three or four handfuls of Fern that groweth upon a House, seeth it in Renish Wine till it be well sodden, then put it in a linnen cloath, and lay it to her Navel, as hot as she may suffer it, four or five times.

A water for all old Sores.

Take Honeysucles, water-Betony, Rosemary, Sage, Violet-leaves, Elder-leaves, cut them all smal together, and seeth them in a quart of running water, put thereto two spoonfuls of Honey, and a little Allum.

For one that hath a great heat in his Temples, or that cannot sleep.

Take the juyce of Housleek, and of Lettice, of each one spoonful, of Womans Milk six spoonfuls, put them together, and set them upon a Chafing dish of coals, and put thereto a piece of Rose-cake, and lay it to your temples.

To quench or slack your thrust.

Take one quart of running water out of the brook, seeth it, and scum

scum it, put thereto five or six spoonfuls of Vinegar, a good quantity of Sugar and Cinnamon, three or four Cloves bruised, drink it lukewarm.

For one that hath a great heat in his hands and stomack.

Take four Eggs roast them hard, peel them, lay them in Vinegar three or four hours, then let the sick man hold on either hand one of them, & after some space change them and take the other, and it will allay the heat.

Against all Aches, especially of a Womans Breast.

Take Milk and Rose-leaves, and set them on the fire, and put thereto Oatmeal and Oyl of Roses, boil them till they be thick, and lay it hot under the sore, and renew it so till it be alwayes hot.

For the Ptisick and dry Cough.

Take the Lungs of a Fox, beat them to pouder, take of Liquorice and Sugar-candy a good quantity, a small quantity of Cummin, mix these well together, and put them

in

in a bladder, and eat of it as often as you think good in a day.

To take away Warts.

Take Snails that have shels, prick them, and with the juyce that cometh from them, rub the Wart every day for the space of seven or eight dayes, & it will destroy them.

A perfect water for the sight.

Take Sage, Fennil, Vervil, Betony, Eye-bright, Pimpernel, Cinquefoil, and Hearbgrace, lay all these in white Wine one night, still it a Stellatory of glasse, this water did restore the sight of one that was blind three years before.

To restore the Hearing.

Take Rue, Rosemary, Sage, Vervain, Majoram, of each one handful, of Cammomil two handful, stamp them, and mould them in Rye dough, make thereof one loaf, bake it as other bread, and when it is baked break it in the midst, and as hot as may be suffered, bind it to your ears, and keep them warm and close one day or more, after it be

be taken away, forbear ye to take cold.

For a Fellon in the Joynts.

Take Rue, Fetherfew, Bores greaſe, Leaven, Salt, Honey, ſix leaves of Sage, ſhred them altogether ſmall, then beat them together and lay it to the ſore place.

To comfort the Brains, and to procure ſleep.

Take a red Roſe-cake, three ſpoonfuls of of white Wine Vinegar, the white of one Egg, three ſpoonfuls of Womans Milk, ſet all theſe on a Chafing diſh of coals, heat them, and lay the Roſe-cake upon the diſh, and let them heat together, then take one Nutmeg, and ſtrew it on the Cake, then put it betwixt two cloaths, and lay it to your forehead as warm as you may ſuffer it.

A Medicine for a ſore head with a Scald.

Take one peck of Shoo-makers ſhreds, ſet them over the fire in a Braſſe pan, put water to them, and ſeeth them ſo long as any Oil will ariſe,

ariſe, and evermore be ſcumming off the Oyl, then take Plaintain, Ribwort, Houſleek leaves, ground Ivie, Knotted graſſe, wild Borrage, Turſan, Hearb Bennet, Smallage, Setwel leaves, of every one alike quantity, and beat them in a mortar and ſtrain them, then take half a penniworth of Roſin, half a penniworth of Allum, a little Virgins Wax, beat them and put them into a pan, and ſet it over the fire, put thereto the Hearbs and the Oyle let them ſeeth till all be melted, then ſtrain them into a pan, and ſtir them till they be cold, and put it into a box for your uſe, when you dreſſe your head, heat a little in a ſaucer, annoint it every day twice pull out the heirs that ſtand upright and with a linnen cloth wipe away the corruption.

A Salve for a green wound, or old Sore.

Take the leaves of green Tobacco two pounds, of Valerian two pound, beat them very ſmall, then ſtrain them, and take the juyce thereof, put one pound of yellow Wax,

Wax, one pound of Rosin, one pound of Deer Suet, boil them together till they be very green, and when it is cold; put to it a quarter of a pound of Turpentine, and keep it for your use.

For the running of the Reins. Approved.

Take the Rows of red Herrings, dry them upon the coals till they will beat to pouder, then give it to the Patient to drink in the morning fasting, as much as will ly upon a shilling in five spoonfuls of Ale or Wine, be he never so weak.

For the burning and pricking in the Soles of the Feet.

Take half a pound of Barrowes grease, two handfuls of Mug wort chopped very small, boil it with the Borrowes grease upon a soft fire, by the space of four hours, then strain it from the Mugwort, and put it up in an earthen thing for your use, and annoint your feet as you go to bed.

A Medicine for any heat, burning or Scalding: Approved.

Take half a pint of the best Cream you can get, and set it in a fair Posnet, upon the fire, then take two good handfuls of Daisie-roots, leaves and all, clean washed, and very finely shred, and put them into the same Posnet, and boil it upon the fire, untill it be a clear Ointment, then strain it through a cloth, and keep it for your use.

To make Aqua Composita *to drink for a Surfeit, or a cold stomack, and to avoid Flegm, and clear from the Stomack.*

Take one handful of Rosemary, one good root of Elecampane, one handful of Hop, half a handful of Thyme, half a handful of Sage, six good crops of red Mints, and as much of Pennyroyal, half a handfull of Harehound, six crops of Marjoram, two ounces of Liquorice well bruised, and so much of Annise seeds, then take three gallons of strong Ale, and put all the aforesaid things, Ale and Hearbs, into

into a brasse pot, then set them upon the fire, and set your Limbeck upon it, and stop it close with paste that there come no air out, and so keep it with a soft fire, as other *Aqua vitæ*.

For an ach in the Joynts:

Take clarified Butter a quarter of a pound, of Commin one pound black Sope a quarter of a pound, one handful of Rue, Sheeps suet two ounces, Bay salt one spoonful, bray these together, then fry them with the gall of an Oxe, spread it on a plaister, and lay it on as hot as you can, and let it ly seven dayes.

A Plaister to lay to the Head for a Rheum which runneth at the eyes.

Take the pouder of Rose-leaves Rose water, and Bettony water, of each a like quantity, and a little Vinegar, put your pouders into the Water and Vinegar, still them and temper them, and make them in a Plaister, and put to it a little pouder of *Terra sigilata*.

A Water to be used with the Plais above said for the same purpose.

Take one quart of new Mil two pound of green Fennel, quarter of a pound of Eye brig put the Hearbs and Milk into a St latory, cast half an ounce of Ca phire thereon, and with this wa wash your eyes and temples.

For the Emeroids approved.

Take a piece of tawny cloath burn it in a Frying pan to poude then beat it in a mortar as fine may be, searce it, then lay it on brown Paper, and with spittle ma it plaisterwise, and lay it to th place, and truss it up with cloath

To break any Sore.

Take hot bread to the quanti of a farthing loaf, grate it, p thereto Sallade Oil three or fo spoonfuls, and a pint of Milk, a seeth them together to a goo thickness, spread it on a cloath and lay it to the sore, in stead Sallade Oyl, you may use De suet.

A *Medicine for the Plague.*

Take a pint of Malmsey: and burn it well, then take about six spoonfuls thereof, and put to the quantity of a Nutmeg of good Triacle, and so much spice grains beaten as you can take up with the tops of your two fingers, mix it together, and let the party sick drink it blood warm, if it be infected it will procure him to cast, which if he do, give him as much more, and so still again and again, observing still some quantity till the party leave casting, and so after he will be well if he cast not at all, once taking it enough, and probably it is not the sickness, after the party hath left casting, it is good to take a competent draught of burnt Malmsey alone with Triacle and grains it will comfort much.

Another Medicine for the Plague.

Take of Setwel grated one root of Jane Triacle two spoonfuls, of Wine Vinegar three spoonfuls, of fair water three spoonfuls, make all these more then luke-warm, and

drink them off at once, well steeped together, sweet after this six or seven hours, and it will bring forth the Plague sore.

To break the Plague sore.

Lay a roasted Onion, also seeth a white Lilly root in milk, till it be as thick as a poultesse, and lay it to the same; if these fail, launce the sore, and so draw it and heal it with salves for Botches, or Biles.

To make a Salve to dresse any Wound.

Take Rosin and Wax of each half a pound, of Deer Suet, and Frankincense of each one quarter of a pound, of Mastick in pouder one ounce, boil all these in a pint of white Wine half an hour with a soft fire, and stir it in the boiling that it run not over, then take it from the fire, and put thereto half an ounce of Camphire in pouder, when it is almost cold, put thereto one quarter of a pound of Turpentine; after all these be mingled together, then put it into white Wine and wash it as you wash Butter, and then as it cools make it up in rouls.

A *Bath for an Ach in the Back and Limbs.*

Take Mugwort, Vervain, Fetherfew, Dill, Rosemary, Burnet, Tunhoof, Horehound, and white Mints, Benkel and Sage, of each one handful, seeth all these in four gallons of running water, and let it seeth till one gallon be wasted, then bath your legs with it five nights together.

A Medicine for any Joynt that is numb with any ach, approved.

Take Vervin, Wax one ounce, Verdigriece half a quarter of an ounce, Brimstone, Sope, oil of Eggs, of Allum, of Honey, of each a like quantity, temper them altogether, and lay it upon the place grieved somwhat warm.

A *Medicine for a Fellon of any finger.*

Take as much Bay-salt as an Egg, wind it up in gray paper, lay it in the embers a quarter of an hour, then beat it in a Morrar very fine, then take the yolk of a new laid Egg, beat it with this pouder until

it be very ſtiffe; ſpread it upon cloath, lay it upon the joynt grieved twenty four hours, and ſo dreſſe it three times.

For a Boil or Puſh.

Take the yolk of a new laid Egg a little Engliſh Honey, put it into the ſhell to the yolk, put in as much Wheat meal as will make it to ſpread, then take one branch of Rue, and one of Fetherfew, ſhred them very fine, and put it to the ſame Medicine, ſtir them very well together, ſpread it upon a piece of Leather, and lay it to the place grieved.

An Electuary to cauſe good digeſtion, and to comfort the Stomack.

Take Serwell, and Gallingal of each three ſlices, Nutmegs, Ginger, and Cinnamon, of each two ſlices, three Bay-berries ſliced fine and huſked, three ſlices of Liquorice, half a ſpoonfull of Anniſe-ſeeds clean duſted, one long Pepper cut ſmall, white Pepper ſix grains, as much black Pepper, beat them all into a groſs Pouder, then put there-

to two grains of Musk, one grain of Ambergriece, then take Mint water and Sugar, boil them together, and when they are come to the right perfection of thinneſſe, put in thoſe pouders abovementioned in the cooling, with a little Conſerve of Roſemary flowers; of this take the quantity of a Nutmeg, half an hour before you eat or drink at meals.

A Pouder for the Rheum or ſore Eyes.

Boil one pint of hop-water, made when the Hop is in the flower, till it be ſcalding hot, then put into it half a pound of Liquorice in very fine pouder, the water being taken from the fire, for the Liquorice muſt not boil in the water, ſtir them together till the water be clean conſumed, then add to them of Anniſe-ſeeds, and Fennel ſeeds, of each half a pound made into very fine pouder through a ſearce, Angelica roots, Elicampane roots and leaves and flowrs, of Eyebright made into very fine pouder, of each one ounce and a half, mingle theſe together, and ſo keep it cloſe, and

when you eat of this pouder, weigh out of the whole quantity two ounces, whereunto add as much good *Aqua vitæ* as will moisten it, or Angelica Water, or *Rosa solis*, to keep it from being musty, set it near the fire, eat of this pouder at any time as much as you may take up with a groat, and it is special good for the Rheum, for cold, or for sore eyes. Mr. *Bendlow*.

A *Salve for any Wound.*

Take Rosin, Petrosin, Wax, of each eight ounces, of Sheeps suet, and Frankincense, of each four ounces, one ounce of Mastick made in pouder, boil all these in a pint of white Wine half an hour, then take it from the fire, and put thereto half an ounce of Camphire in pouder, when it is almost cold put thereto four ounces of Turpentine and make it up in rouls, but before it be rouled, you must wash it up in running water. *A. T.*

How to deliver a Child in danger.

Take a Date Stone, beat it into pouder, let the woman drink it with

with Wine, then take Polipody and emplaister it to her feet, and the Childe will come whether it be quick or dead, then take Centory, green or dry, give it the Woman to drink in Wine, give her also the Milk of another Woman.

A most singular Sirrup for the Lungs, and to prevent a Consumption.

Take Egrimony, Scabios, Borrage, Bugloss, of each twenty leaves, Fole-foot Lungword, Maiden-hair, of each half a handful, Succory and Endive, of each six leaves of *Carduus Benedictus*, Horehound, Nip, of each four crops, unset Hop half a handful, Fennel-roots, Parsly roots, Smallage roots of each three roots sliced, and the piths taken out, Elecampane four roots sliced, Iris roots half an ounce sliced, Quince-seeds one ounce, Liquorice three good sticks scraped and sliced small, twenty Figs sliced, Raisins of the Sun one good handful sliced, and the stones taken out, boil all these in a gallon of running water till half be consumed,

ſumed, then take it from the fire and let it ſettle', then ſtrain it, and boil it again with as much white Sugar as will make it as thick as ſirrup, that it may laſt all the year.

A *Pouder for the* Stone.

Take Hawes, and Hips, of each a good handful, Aſhen-keyes half a handful, three or four Acorns, the ſhells of three new laid Eggs, Grmnwel-ſeeds, Parſley ſeeds, of each half an ounce, Perſtone a good handful, Camock roots half a handful, make all theſe in fine pouder, then put thereto two ounces of Sugar candy bearen ſomething ſmall; take a ſixpenny weight of this pouder at a time in the morning faſting and drink not after it one hour.

For the Cholick and Stone.

Take one handfull of *Philippendula*, of Roſemary, of Saxifrage, of Ivye growing on the wall, of Harts-tongue, of Thyme, of Parſly, of Scabios, of each four handfuls of Marigolds one handful, of Majoram three handfuls, of brown Fennel, of Londebeef, of Spernits,

nits, of Borage, of each two handfuls, of Maiden-hair three handfuls, still all these in *May*, keep it in a Glasse till you have need of it, then take of it five spoonfuls, and three of white Wine, and of clean pouder of Ginger half a spoonful, put these together, and warm it lukewarm, and let the Patient drink it in the morning two hours before he riseth out of his bed, let him lay more cloaths upon him, for it will provoke him to sweat, after the sweat is gone, let him rise and walk whither he will.

A good Water to drink with Wine, or without to cool Choller.

Take Borrage roots and Succory roots of each two, wash and scrape them fair and clean, and take out their cores, then take an earthen pot of two gallons, fill it with fair spring Water, set it into a fire of Charcoal, put the roots in it, and eight penniworth of Cinnamon; when it beginneth to seeth, put into it four ounces of fine Sugar, and let it seeth half an hour, then take it off, let it cool, and drink thereof at your pleasure.

How to make Aqua Composita *for the Cholick and Stone.*

Take strong Ale one month old as many gallons as your pot will hold, and for every gallon take two ounces of Liquorice, and as much Annise seeds, and of these hearbs following two handfuls of each to every gallon, of Birch-leaves, Burnet, Pasphere, Pellitory of the wall, Watercresses, Saxifrage, Grumwel *Philipendula*, Penny-royal, Fennel, half a root of Elecampain. of Haws of Hips, of Berries, of Brambles and Barberies, of each half a pint, still them as you do other *Aqua vitæ*.

A *Medicine for the Cholick Passion.*

Take the smooth leaves of Holly dry them, and make them into pouder, of Grumwel-seed, and Box seed of each the like quantity, let the Patient drink thereof.

How to take away the fervent shaking and burning of an Ague.

Take of the rind of the Wilding tree, with the leaves in Summer, of each half a handful, as much Bertony

tony, three crops of Rosemary, seeth them in a quart of posset Ale to a Pint, and let the sick drink of this as hot as he can, and so within three times it will ease him.

For the hardneße or stiffneße of the Sinew.

Take twelve fledg'd Swallowes out of the nest, kill them, beat them feathers and all in a Mortar, with Thyme, Rosemary, and Hop, then seeth them with May butter a good while, then strain them through a strainer, as hard as you can, and it will be an ointment, take the strings that grow out of the Strawberries, and beat them with the rest.

How to stay the Flux.

Take white starch made of wheat two or three spoonfuls, and take also new Milk from the Cow, stir these together, and let them be warmed a little, and give it to the party grieved in manner of a glister, a present remedy.

An proved Medicine for the Plague, called the Philosophers Egg, it is a most

most excellent preservative against all poysons, or dangerous Diseases that draw towards the Heart.

Take a new laid Egg, and break a hole so broad as you may take out the white clean from the yolk, then take one ounce of Saffron and mingle it with the yolk, but be careful you break not the shell, then cover it with an other piece of shell so close as is possible, then take an earthen pot with a close cover, with warm embers, so that he shall be not burned, and as those embers do cool, so put in more hot; and do so for the space of two dayes until you think it be dry, for proof whereof you shall put in a pen, and if it come out dry it is well, then take the Egg and wipe it very clean, then pare the shell from the Saffron, and set it before the fire, and let it be warm, then beat it in a Mortar very fine and put it in by it self, then take as much white Mustard seed as the Egg and Saffron, and grind it as small as meal, then search it through a fine boulter, that you may save the quantity of

the

the Egg so searced, then take a quarter of an ounce of Dittany roots, as much Turmentil, of *Nuces Vomicæ* one drachm, let them be dryed by the fire as aforesaid, then stamp these three last severally, very fine in a Morrar, then mix them three well together, after that take as a thing most needful, the Root of Angelica and Pimpernel, of each the weight of sixpence, make them to pouder, and mix them with the rest, then compond therewith five or six scruples of Unicorns horn, or for want thereof Harts horn, & take as much weight as all these fine ponders come to of fine Triacle, and stamp it with the ponders in a Morrar, untill it be well mixt, and hang to the pestle, and then it is perfectly made, then put the Electuary in a stone pot, well nealed, and so it will continue twenty or thirty years, and the longer the better.

How to use this Electuary.

First, When one is infected with the Pestilence, let him take so soon as he can, or ever the disease infect the

the heart, one crown weight in gold of this Electuary, and so much of fine Triacle, if it be for a man, but if it shall be for a Woman or Childe take lesse, and let them be well mixed together, and if the disease come with cold, give him the Electuary with half a pint of white Wine warm, and well mixed together, but if it come with heat, then give it him with Plantain water, or Well water, and Vinegar mixt together, & when he hath drunk the same, let him go to his naked bed, and put of his shirt, and cover him warm, but let his bed be well warmed first, and a hot double sheet wrapped about him, and so let him sweat seven, eight, or ten hours, as he is able to endure, for the more he doth sweat the better, because the disease fadeth away with the swear; but if he cannot sweat, then heat two or three Bricks or Tiles, and wrap them in midst the cloaths, wet with water and Salt, and lay them by his sides in the Bed, and they will cause him to sweet, and as he sweateth, let it be wiped from his body with dry hot cloaths being

ing conveyed into the bed, and his sweat being ended, shift him into a warm bed with a warm shirt, and all fresh new cloaths, using him very warily for taking cold, and let his cloaths that he did sweat in be well aired and washed, for they be infectious; and let the keepers of the sick beware of the breath or air of the party in the time of his sweating, therefore let her muffle her self with double old cloath, wherein is wormwood, Rue, Fetherfew, crumbs of sour bread and Vinegar, and a little Rose-water, beat all these together, and put it into the Muffler made new every day while you do keep him, and let the sick party have of it bound in a cloath to smell on while he is in a sweat, then after do it away and take a new, and because he shall be faint and distempered after his sickness, he shall eat no flesh, nor drink Wine the space of nine dayes, but let him use these Conservatives for his health, as Conserve of Bugloss, Borrage, and red Roses, and especially he shall drink three or four dayes after he hath sweat morning

and

and evening, three ounces of the juyce of Sorrel mixed with an ounce of Conserve of Sorrel, and so use to eat and drink whatsoever is comfortable for the heart, also if one take the quantity of a Pea of the said Electuary with some good Wine, it shall keep him from the Infection, therefore when one is sick in the house of the Plague, then so soon as you can, give all the whole household some of this Receipt to drink, and his Keeper also, and it shall preserve them from the infection, yet keep the whole from the sick as much as you can, beware of the cloaths and bed that the sick party did sweat in.

To make Balm Water.

Take four Gallons of strong Ale and stale, half a pound of Liquorice, two pound of Balm, two ounces of Figs, half a pound of Annise seeds, one ounce of Nutmegs, shred the Balm and Figs very small, and let them stand steeping four and twenty hours, and then put it in a still as you use *Aqua vitæ*.

To

To make Doctor Stevers *Water.*

Take one gallon of good Gascoin Wine, of Ginger, Galingal, Nutmegs, Grains, Anniseeds, Fennelseeds, Carraway seeds, Sage, Mints, red Roses, Garden Thyme, Pellitory, Rosemary, wild Thyme, Pennyroyal, Camomile, Lavender, of each one handful, bray your spices smal, and chop the hearbs before named, and put them with the spices into the Wine, and let it stand twelve hours, stirring it very often, then still it in a Limbeck, closed up with course paste, so that no air enter, keep the first water by it self, it is good so long as it will burn.

An Ointment for any strain in the Joynts, or any sore.

Take three pound of fresh Butter unwashed, and set it in an Oven after the bread be drawn out, and let it stand two or three hours, then take the cleerest of the Butter, and put into a Posnet, then take the tops of red Nettles as much as will be moistned with the Butter, chop them smal, put them to the Butter, set it on the fire, boil it softly five or

six

six hours, and when it is so boiled, put thereto half a pint of pure oil-Olive, and then boil it a very little, and take it off and strain it into an earthen pot and keep it for your use.

If you think good, instead of Nettles only, you may take these hearbs, Cammomil, Rosemary, Lavender, Tun-hoof, otherwise Ale-hoof, Five finger, Vervain, and Nettle-tops.

For an Ague.

Take the inner bark of a Walnut-tree a good quantity, boil it in Beer untill the Beer look Black, and then take a good draught, and put it into a pot, then take six spoonfuls of Sallade oil, for an extream Ague, brew it too and fro in two pots, then drink it, and let the party labour at any exercise until he swear, then let him lie down upon a bed very warm untill he hath done sweating, this do three times when the Ague cometh upon him.

A Pouder against the wind in the Stomack.

Take Ginger, Cinnamon, and Gal-

Gallingal, of each two ounces, Anise seeds, Carraway and Fennel seeds, of each an ounce, long Pepper, Grains, Mace, and Nutmegs, of each half an ounce, Setwel, half a drachm, make all in pouder, and put thereto one pound of white Sugar, and use this after your meat, or before at your pleasure, at all times it comforteth the stomack marvellously carrieth away wind, and causeth a good digestion.

For *a Pin or Web in the Eye.*

Take the white of an Egg, beat it to oyl, put thereto a quarter of a spoonful of English Honey, half a handfull of Daisie leaves, and in winter the roots, half a handful of the inner rind of a young Hazel not above one years growth, beat them together in a Mortar, and put thereto one spoonful of Womans Milk, and let it stand infused two or three hours, and strain it all through a cloath, and with a feather drop it into the eye thrice a day.

For

For blood ſhotten and ſore eyes, coming of Heat.

Take *Tutty* of *Alexandria*, or *Lapis Tutty* one ounce, beat it unto fine pouder, and temper it with a quart of white Wine, put thereto one ounce of dryed Roſe-leaves, and boil them altogether with a ſoft fire until one half be conſumed, then ſtrain it through a fine linnen cloth and keep it in a Glaſſe, and uſe it evening and morning, and put it into the ſore eyes with a feather or your finger.

If the *Tutty* be prepared, it is the better, which is thus done, ſteep the *Tutty* in Roſe water, and let it lie half an hour, then take it forth, and lay it on a white paper to dry, then take it when it is dry, ſteep it, and dry it again, as before, twice or thrice, and then uſe it as before.

For an Ach in the Bones.

Take Southernwood, Wormewood, and Bay-leaves, of each one handful, one Oxe-gall, one pint of Neats-foot oyl, put all theſe together and let them ſtand two or three

three dayes, and let them boil upon a very soft fire, then put in of Deers suet a good quantity, strain them, and put them in a Pot, and so annoint the Patient, put to this a good quantity of Tar, and as much pitch as the bigness of a Walnut, and of the juyce of Pimpernel a good quantity.

For Children that are troubled with an extream Cough.

Take Hysop-water, and Fennel water, of each half a pint, of sliced Liquorice, and Sugar, of each a pretty quantity, seeth them easily over a good fire, strain it and let them take a little hereof at once, and often, you may dissolve pellets therein, and you may annoint their chest with Oyl of Almonds, and a little Wax.

A *Medicine for sore Eyes.*

Take red Fennel and Celendine, of each one handful, stamp & strain them, that done, take five spoonfuls of Honey, and white Copparas the quantity of one Pea, Rose water five spoonfuls, boil all these together in an earthen pot, skum

it

it well, and clarifie it with the white of an Egg; this is an excellent Medicine to clear the sight of the eye, if there be any thing in the eye superfluous to hinder the sight, but if there be nothing but heat, it is nothing so good.

To help one that is inwardly bruised.

Take of Borrage and red Sage of each a handful; stamp these together, and strain them; and put thereto as much Claret Wine as the juyce thereof; and let the party drink it warm, and if it keep within him four and twenty hours after he will recover; if he be bound in the body, let him take three spoonfuls of sirrup of Damask Roses, and two spoonfuls of Sallade oil, and drink it fasting; and an hour after let the party take some warm broth.

For the Spleen.

Take of Lavender; Fennel; Parsly; Cammomile; Thyme; Wormwood; Angelica; of each one handful; of Sage and Rue one handful; of Annise seeds and Fennel seeds;

of each one handful; of Cummin seeds two handfuls; of Cloves four spoonfuls; and of Mace two spoonfuls; gather these hearbs in the heat of the day, and dry them in the Sun two dayes; laying them very thin on a sheet, and bruise the seed grossely, and steep them in as much Sallade-oyl as will cover all these things and somewhat more, and set them in the Sun ten dayes, which being done; strain your Oyl from your Hearbs and Spices, and then infuse it once again as before with Hearbs and Spices in like manner; and to that oyl thus infused or strained, and bitter Almonds, and Oyl of Capers half a pint; then take a quarter of a spoonful of the said oyl, and put it in your hands, your hands being warm, rub them together, and annoint and rub the patient grieved with both your hands; the one on the right side, the other on the left, from the loyns down to the bottom of the belly; drawing your hands as hard as you can, and make them to meet at the bottom of the belly, and continue in continual rubbing about a quarter of an hour.

For

For a Burning or Scald.

Take a quantity of Sheeps suet, the white of Hen dung, and fresh grease, boil all these together, strain it and annoint the party with a feather.

For the Emrods and Piles.

Take the juyce of Elder, May butter, and Deer suet; melt them letting the juyce and the butter simper, and then put the suet to them; make them into Piles and if you make a suppositor, you must put in more Deers suet.

For the Canker in the Mouth or Nose.

Take the ashes of green leaves of Holly, with half so much of the burnt pouder of Allum, blow with a quill into the place grieved, and it will help Man, Child, or Beast.

A Remedy for the Mother.

When the fit beginneth to take them, take the pouder of white Amber and burn it in a Chaffing-dish of coals, and let them hold their mouths over it, and suck in the

the smoke, and annoint their nostrils with the oyl of Amber, and if they be not with child, take two or three drops of the oyl of Amber in white Wine warm or cold, but the oyl of Amber must be taken inward but once a day, and outward as often as the Fit taketh them.

A Medicine for the Worms:

Take one penniworth of Aloes, with the like quantity of Oxe gall and Mithridate, mix them together and lay them to the Childes Navel upon a plaister.

A Preservative against the Plague.

Take one dry Walnut, take off the shell and peel, cut it small, and with a branch of Rue shred fine, and with a little Wine Vinegar and Salt, put all into a sliced Fig, take it up fasting, and then you may drink a little Wormwood after it, and go where you list.

A Pill for those that are infected.

Take of Aloes Succatrina half an ounce, of Myrrh and English Saf-

fron, of each a quarter of an ounce, beat them into ſmall pouder, with Malmſey, or a little Sack, or Dioſcoridon, make two or three ſmall piles thereof, and take them faſting.

A Poulteſſe to break a Plague Sore.

Take a White Lilly-root, and ſeeth it in a penniworth of Linſeed, and a pretty quantity of Burrowgreaſe, beat the Linſeed firſt very ſoft, afterwards beat altogether in a Mortar, make thereof a Plaiſter.

An Electuary for the Plague.

Take the weight of ten grains of Saffron, two ounces of the kernels of Walnuts, two or three Figs, one drachm of Mithridate, and a few Sage leaves ſtampt together, with a ſufficient quantity of Pimpernel water, make up all theſe together in a maſſe or lump, and keep it in a glaſſe or pot for your uſe, take the quantity of twelve grains faſting in the morning, and it will not only preſerve from the Peſtilence, but expell from thoſe that are infected

Against a Tertian Ague.

Take Dandillion clean washed, stamp it, and put it in Beer, and let it stand all night in the Beer, in the morning strain it, and put half a spoonful of Triacle into it, make it lukewarm, and let the Patient drink of it fasting upon his well day, and walk upon it as long as he is able, this hath been approved good for an Ague that cometh every second day.

Against the Wind.

Take cummin seed, and steep them in Sack four and twenty hours, dry them by the fire, and hull them, then take Fennel seed, Carraway seed, and Anniſe seed, beat all these together, and take every morning half a spoonfull in broth or beer fasting.

Another.

Take Enula Campana, grate it, and drink half a spoonful fasting.

For a sting of an Adder.

Take a head of Garlick, and bruise it with some Rue and some Honey

thereto, and if you will some Treacle, and apply it to the place.

For the bitting of a Dog.

Take Ragwort, chop it, and bon it with unwasht butter to an Oyntment.

A Medicine for a woman that hath a dead Child or for the after-birth after deliverance.

Take Date stones, dry them, and beat them to pouder, then take Cummin seed, Grains and English Saffron, make them in pouder and put them altogether in like quantity, saving lesse of the Saffron then of the rest, then searce them very finely, and when need is to drink it, take a spoonful at once with a little Malmsie, and drink it Milk warm, it is good to bring forth a dead child, or for the after birth or if the Woman have any rising in her stomack, or flushing in her face during her child birth: the Date stones with round holes in the side are the best; if you put a quantity of white Amber bearen amongst the pouder, it will be better.

To make the best Paracelsus *Salve.*

Take of Litharge, of Gold and Silver, of each three ounces, and put to it one pound & half of good Sallade Oyl, and as much of Linseed Oyl, put it into a large earthen vessel well leaded, of the fashion of a Milk boul, or a great Bason, set it over a gentle fire, and keep it stirring till it begin to boil, then put to it of red lead, and of *Lapis Calaminaris*, of each half a pound, keep it with continual stirring, and let it boil two hours, or so long till it be something thick, which you may know by dropping a little of it upon a cold board or stone, then take a Skiller, and put into it a pound of yellow Wax, as much black Rosin, half a pound of Gum Sandrach, of yellow Amber, Olibanum, Myrrh, of *Aloes Hepatica*, of both the kinds of *Aristolochias* round and long, of every of these in fine pouder searced one ounce, of *Mammir* one ounce and a half, of oyl of Bayes, half a pound, of oil of Juniper six ounces, dissolve all these together in the aforesaid Skillet, and then put them

to the former Plaister, set it over a gentle fire; and keep it with stirring till it boil a little. Then take your five Gums, Pepanax, Galbanum, Sapagenum, Ammoniacum and Bdellum, of each of these three ounces, which must be dissolved in white wine Vinegar, and strained, and the Vinegar exasperated from them before you go about the Plaister, let there be three ounces of each of them when they are thus prepared, then when the Plaister hath gently boyled, about half the bigness of a Nutmeg at a time, continuing that order untill all the Gums be in and dissolved, then set it over the fire again, and let it boil a very little, but before it boil, be sure that the Gums be all dissolved for else it will run into lumps and knots, after it hath boiled a little take it from the fire again, and continue the stirring of it very carefully, and put to it these things following, being in a readiness, take of both the Corals red and white, of Mother of Pearl, of Dragons Blood, of *Terra lemnia*, of white Vitriol, of each of them one ounce

of

of *Lapis hematitis*, and of the Loadstone, of each of them one ounce and a half, of the flours of Antimony two drachms, of *Crocus Martis* two drachms, of Camphire one ounce, of common Turpentine half a pound, mix all these together, but first let those things that are to be pounded, be carefully done, and fully searced, then put them altogether among the former things, and again set it over the fire with a moderate heat, and gentle to boil till it be in the form of a plaister, which you may know by dropping it on a cold piece of wood, or stone or iron, you must also remember to keep it with continual stirring from the beginning to the ending, when you make it up, let your hands, and the place you roul it on be annointed with the oyl of Saint *Johns*-wort, and of each Worms and Juniper, Cammomile and Roses together, wrap it in Parchment, or Leather, and keep it for your use.

Memorandum, That the Camphire be dissolved in the oyl of Juniper, mix them together with the Gum Sandrach, and put them in towards the latter end. *An*

An Oyntment for any ſtrain in the Joynts, or for any Sore.

Take three pound of freſh butter unwaſhed, and ſet it into an Oven after the bread be drawen out, and let it ſtand two or three hours, then take the cleareſt of the Butter, and put into a Poſnet, then take the tops of red Nettles, and chop them very ſmall, and put ſo many Nettles to the Butter, as will be moiſtned with the Butter, and ſo ſet it on the fire and boil it ſoftly five or ſix hours, and when it is ſo boyled, put thereto half a pint of the beſt oyl of Olive, and then make it boil a very little, and take it off, and ſtrain it into an earthen pot, and keep it for your uſe.

Mr. Aſhley's *Ointment.*

Take ſix pound of *May* Butter unſalted, one quart of Sallade oyl, four pound of Barrows-greaſe, one pound of the beſt Roſin, one pound of Turpentine, half a pound of Frankincenſe: To this rate take theſe Hearbs following, of each a handful, *videlicet*, Smallage, Balm, Lorage,

Lorage, red-Sage, Lavender, Lavender-cotton, Hearb grace, Parſley, Comfry, called Boneſet, Sorrel Laurel leaves, Beech-leaves, Lungwort, Majoram, Roſemary, Mallows, Cammomile, Saint-*Johns*-wort, Plantain, Allheal, Chickweed, Engliſh Tobacco, or elſe Henbane, Grumſel, Woundwort, Bettony, Egrimony, *Carduus Benedictus*, wild-Wine, or white-Wine, called Brian, Adders-Tongue, Mellilot, pick all theſe hearbs clean, waſh them, ſtrain them clean from the water, all theſe muſt be gathered after the Sun riſe, then ſtamp all theſe Hearbs in a ſtone or wodden Mortar ſo ſmall as poſſibly may be, then take your Roſin and beat it to pouder with your Frankincenſe, and melt them firſt alone, then put in your Butter, your Hogs-greaſe and Oyle, and when all is melted, put in your Hearbs, and let them all boil together half a quarter of an hour, then take it from the fire, and leave ſtirring of it in no wiſe a quarter of an hour after, and in that time that it is from the fire, put in your Turpentine, and two

ounces of Verdigreaſe very finely beaten to pouder; and when you put in your Turpentine and Verdigreaſe, ſtir it well, or elſe it will run over, and ſo ſtir until it leave boiling: Then put it in an earthen pot, ſtoping the pot very cloſe with a cloath and a board on the top, and ſet it in a dunghil of horſe muck twenty one dayes, then take it up and put it into a kettle, and let it boil a little, taking heed that it boil not over, then ſtrain all through a courſe cloth into an earthen or Gally Pot, and when all is ſtrained, put to it half a pound of ovl of Spike, and cover the pot cloſe untill you uſe it, and when you uſe it, make it warm in Winter, and uſe it cold in Summer.

An approved Medicine for an Ach in the Joynts whatſoever.

Take half a pound of Roſin, half a pound of Frankincenſe, Olibanum, and Maſtick, of each one ounce, Wax, Deers-Suet, Turpentine, of each two ounces, Camphire two drachms, beat the Olibanum, Maſtick, Roſin, and Frankincenſe, and

and Camphire into powder, then put it in a brasse pan with a pottle of white Wine, and put in the Wax, and Deer Suet into it, and when it doth boil, put in your Turpentine, and let it boil a quarter of an hour, then take it from the fire and let it stand and cool until the next day, then work it with your hand to work out the wine, annointing your hands first with oyl, then make it up in rouls, then as need shall serve, take there of and spread it with a warm knife upon a fleshy side of a Sheeps skin, and apply it warm to the grieved place, and take it not off until it fall off of it self, pricking the plaister full of holes.

A Searcloath to be used against Carbuncles, red Sore., Biles, Swellings, or any hot causes.

Take a wine pint of pure Salled-oyl, and put into an earthen pot that is very large, and set it upon a very soft fire of Charcoal, and when it beginneth to boil, stir it with a Hasell stick of one years shooting, then put into it two ounces of

Venice Sope that is pure white, half a pound of red Lead, one quarter of a pound of white Lead, letting it boyle very ſoftly, ſtirring it continually with the Hazle ſtick for the ſpace of two or three hours, you ſhall know when it is boiled by this, drop one drop thereof on a board, and it will be ſtiff when it is enough, then take it from the fire, and put into it half an ounce of oil of Bayes, then let it boyl again a little, then let your cloaths be cut of a reaſonable ſize to dip them in it, then you muſt have two ſticks, which muſt be hollow in the middle to ſtrip the cloaths through, then lay them abroad untill they be cold upon a board, then roul them up, and keep them, and when you uſe them, lay them upon the place grieved, and let them lie twelve hours, then take it off and wipe it, and lay the other ſide, and let that lie as long.

A Plague Water to be taken three times, for the firſt helpeth not.

Take a Gallon of White-Wine, Ale or Beer, and to that quantity take

take a quarter of a pound of each of these Hearbs following. Rose-water a quarter of a pint, Rue, Sage Vervin, Egrimony, Betrony, Celendine, Carduus, Angelica, Pimpernel, Scabios, Valerian, Wormwood, Dragons, Mugwort, all these Hearbs must you shread in grosse together, and steep in the aforesaid liquor, the night before you distil it in a Rose Water Still, and then keep the first water by it self, being the weaker, and therefore fitter for Children; it helpeth all Fevers, Agues, and Plagues, being thus taken, seven spoonfuls or thereabout of the strongest blood-warm, and give it to the party to drink in an Ague or Fever, an hour before the fit come, and so to sweat either by exercise, or in your bed, but your stomack must be empty, and if it be taken for the plague, then put it into a little Diascordium or Mithridate.

A defensive Plaister.

Take the white of an Egg, and Bolearmonick, spread it on leather.

A

A Sirrup for a Cold.

Take Colts-foot Water, Iſop-water and Honey, put Liquorice, Aniſe-ſeeds and Elecampane, put thereto the juyce of Fennel, and boil them.

To ſtay the bleeding of a wound.

Take Charcoal red hot out of the fire and beat it to pouder.

A Poulteſſe.

Take Milk, Oatmeal, and red-Roſe leaves, and a litle Deers-Suet.

For *the running of the Reins.*

Take Cups of Acorns and grate them, and grate ſome Nutmeg, put this in Beer and drink it.

For *a Poulteſſe.*

Take Linſeed and beat it to pouder, boil it in Milk with Mallowes, and Sheeps-ſuet.

For *a blaſt.*

Take a good quantity of Vervin, and boil it in Milk, and waſh the Blaſt therewith very well, then bind the hearbs very cloſe to it ſome few hours, after waſh it again, the

the milk being warmed, and so bind it up again, the oftner it is done the better, and in a day or two it will be well, if it be taken before it fester.

Another.

Take a good quantity of Vericon being green, with as much Dill, chop them together, and boyl them in Bores grease as much as will cover them, and for want thereof, so much *May*-butter, and when they be boiled together, let them stand two or three dayes, and then boil it a little, and so strain it through a cloath.

A Balsamum.

Take in the latter end of *September* good store of Honey-suckle berries, and put them in a body of a glasse still stopped, and set it in hot horse-dung eight dayes, distill it in Balneo, then when you have drawn the water forth, pour the water into the stuffe again, stop it close, and put it into the dung four and twenty hours, then set it in ashes, and distil both Water and Oyl

Oyl with a great fire, as much as will come forth, and at last separate the water from the oyl in Balneo.

To make an excellent Oyl of Hypericon.

Take flowers, leaves and seed of Hypericon as much as you list, beat them together, and infuse them in white Wine, that they may be covered therewith, and set them in the Sun for ten dayes, then put thereto so much Oyl-Olive as all the rest doth weigh, and let it stand ten dayes more in the Sun, but look that you weigh the Oyl to know how much it is, then put thereto for every pound of Oyl two ounces of Turpentine, and one drachm of Saffron, and of Nutmegs, and Cloves of each half an ounce, of Myrrh, and Rosin of each an ounce, and of the root of Briony two ounces, put them all in a Vessel of glasse, and mix them well together, and set them in a Vessel of hot Water, and then set thereto a head of glasse, and Receiver well shut, and boil it so long until no more

more will diſtill from it, which will be about twenty four hours, then take it out and ſtrain it whilſt it is hot, and keep it in a Veſſel of Glaſſe, and when you firſt uſe it, heat it well, and apply it upon a wound without uſing any tent at all, this is excellent for a green wound, eſpecially if there be veins, ſinews, or bones offended or cut, it keepeth wounds from putrefaction, it cleanſeth them and eaſeth pain, and doth incarnate and skin them, it helpeth bruiſes, pains, aches, or ſwelling in any part, and is wonderfull good againſt venom or poyſon.

For the falling Sickneſſe.

Take the roots of ſingle Pionies, grate them, drink them, and wear ſome of them about your neck.

For the kebed-heels.

Take a Turnip, make a hole in the top of it, take out ſome of the pith, infuſe in that hole oyl of Roſes, then ſtop cloſe the hole, roſt the Turnip under the embers, when it is ſoft, apply it Plaiſterwiſe warm to the Kibe, bind it faſt.

Lapis

Lapis Prunellæ.

A Medicine for ſore Eyes.

Take one pound of Salt-peter, boil it in a Goldſmiths earthen pot with a very hot fire round about it, let it boil till it be very black and melted, then take a quarter of an ounce, or ſix penny weight of Roch Allum, and a quarter of an ounce of Brimſtone, break them and put them in the Saltpeter by little at once as it boileth, and let it burn till the flame go out of it ſelf, then pour it in a braſſe Ladle, or into a Chafer, and ſo let it ſtand till it be cold, and when you will uſe it, ſcrape it very fine with a knife, and put a little of it to the ſore eyes, hold down the eye lid till the pain be gone, then let the water drop out of the eye: This Medicine taketh away the Pearl, Pin and Web in the eye, and all ſores and blood-ſhed, it alſo helpeth the tooth ach, being put into the hollow tooth, with a little lint, if the tooth be not hollow rub it outward: Finally, it helpeth a ſtink-

stinking breath, being eaten in the morning fasting.

For a scald Head.

Take a handful of Glovers shreds and a handful of Dock roots, the pith taken out, and boil them in strong Ale until they be reasonable thick, and annoint the head therewith.

For a bloody Flux.

Take Rubarb and toast it, then grind it to pouder, and take as much as will lye upon a sixpence, and keep warm that day, the next day eat conserve of Roses, mixed with Coral, and drink that day if you will posset Ale made of Cammomile.

For the Itch.

Take a pound of Butter unwashed and unsalted, three good handfuls of red Sage, and as much brimstone beaten into pouder as a Walnut, boil these well together, and strain it and put in half an ounce of Ginger beaten small.

For sore Eyes.

Take new Hens-dung out of the nest,

neſt, and put it into an Oven almoſt cold, let it lie there all night, and take the white of it, and beat it being dryed, and take as much of the pouder of Ginger finely beaten and put to that half in like quantity of Sugar-candy, all which muſt be beaten very well and ſearced, then put it into the ſore eyes every night, and in the morning, and waſh it out with water.

A *Water for ſore Eyes.*

Take a pint of fair running water, of wild Daiſies, and three leaved graſſe, of each a good handful, waſh the hearbs very clean in a Cullender, and put them into a clean skillet of water, let them boil very well over the fire, until the water look green, then take a little piece of Allum and put into the water, and when it is boiling then taſte of the water, and when it ſticks to the mouth, take as much honey as will make it very ſweet, then after it hath boiled a little while, take it off the fire, ſtrain it, and drop a little every night into the eyes.

An approved Application against any Surfeit.

Take the bottom of a Muncorn-loaf, cut it about an Inch thick, and as broad as the palm of your hand, toast it very well, then take of Sallade oyl and Claret-wine of each a like quantity, as much as will wet the toast well and throughly, warm it hot, then put the toast into it, when the toast is well soak'd, strew the pouder of Cloves and Mace hereupon thick, then apply it to the stomack of the Patient as warm as he can endure it, it will purge upwards and downwards as often as you apply a fresh toast made as aforesaid, that may be applyed so often as any one findeth their stomaek ill at ease, although then it will not purge, except in case of a surfeit.

A Medicine against the Plague.

Take of the root called Setwel the quantity of half a Walnut, and grate it, of Triacle green one good spoonful, of fair water three spoonfuls, make all these more then luke-warm

warm, and so drink them off in bed, and sweat six or seven hours, and in your sweat drink small Posset Ale made of small drink as you need, but not till an hour and half after the taking of the Potion, and it will bring forth the Plague, for if you cast the Medicine, you may take it the second, third, or fourth time, by the whole, half, or lesse measure as your stomack will bear it: if any do take it and thereupon happen present amendment, or a rising or sore, you may think it to be the sickneſſe, for the nature of the Medicine is to prevent the Plague, and in others to expel the Sore, if it be not taken too late, in which case the stomack will not brook it easily, and after two or three times taking, if you minister it to any, let it be at their first sickneſſe, lest if their disease be other, they may receive harm thereby.

Jelly of Frogs.

Take the Jelly of Frogs in March, and still it in a Glasse Still, it is a good Medicine to stop blood, and for the heat and redneſſe of the face, & good to cure green wounds.

For

For the Tooth-ach.

Take Spearmints, and groundvy, of each a handful, and a good poonful of Bay salt, stamp all these very well together, and boil them in a pint of the strongest Vinegar that you can get, let these boil altogether until they come to a quarter of a pint, then strain it, and put it into a glasse, & stop it very close, when your teeth do ake, take a poonful of it blood-warm, and hold it in your mouth on that side the pain is.

To make Teeth stand fast.

Take Roots of Vervine in cold wine, and wash the teeth therewith.

For the perilious Cough.

Take white Hore-hound stamp it, wring out the juyce, and mingle it with honey, and seeth it, and give it to the sick to drink, or else Sack, and Garlick-seed, and roast it in the fire, and take away the peelings, and eat the rest with Honey, or else take Sage, Rew, Cummin, and pouder

pouder of pepper, and ſeeth all theſe togethér in honey, and make thereof an Electuary, and take thereof a ſpoonful in the morning, and another at night.

For a man that hath no taſte in meat or drink.

Take a pottle of clear water, and a good handful of Dandilion, and put it in an earthen pot, and ſeeth it till it come to a quart, and then take out the hearbs, and put in a good quantity of white Sugar, till you think it be ſomewhat pleaſant, and then put it into a Veſſel wherein it may cool, and then take twenty or thirty Almonds, blanch them and beat them in a mortar, and when the water is cold put it to the Almonds, and ſtrain it through a clean Cipris bag without compulſion, and if it be thick let it run through again, and ſo keep it in a veſſel, and drink of it often, at all times as you pleaſe.

To preſerve a man from the Plague.

Take *Alec Apaticum*, and *Aloe Succatrine*, fine Cinnamon and Myrrh, of each of them 3 drachms, Cloves,

Cloves, Mace, *Lignum aloe*, Mastick *Bole-Armoniack*, of each of them half a drachm, let all these things be well stamped in a Mortar, then mingle them together, and after keep them in some close vessel, and take of it every morning two penny-weight, in half a glasse full of white Wine, with a little water, and drink it in the morning at the dawning of the day, and so may you by the grace of God, go safely into all infection of the air and Plague.

For a Tetter or Ring-worm.

Take Mercury a quarter of an ounce, Camphire one penny weight make them into pouder, and rub them in a fair Porrenger, then take and mix them with the water of the Wine four or five spoonfuls, stir them well together, then put as much more water to that, then strain it through a cloth, and take Poppey-seeds one quarter of an ounce, beat that in a stone Mortar, with a spoonful of water of the Wine, putting a little and a little till you have spent the quantity of a pint, then put to half an ounce

of the Milk of Cokernut, so mix them well together with your Receipt, and strain them as you make Almond-Milk through a fair cloth, then keep it in a glasse for your use.

To keep ones body loose whensoever you need.

Take two ounces of Sirrup of Roses, one ounce of Sene, one penniworth of Annise seeds, one stick of Liquorice, one pint of Posset-water, seeth them altogether till it seeth to half a pint, then strain them forth, then boil the two ounces of Sirrup of Roses, and drink it warm.

For a red Face.

Take Brimstone that is whole and Cinnamon of either of them an even proportion by weight, beat them into small pouder, searce it through a fine cloth upon a sheet of white paper, to the quantity of an ounce or more, and so by even proportions in weight, mingle them together in clean clarified Capons-grease, and temper them well

well together, until they be well molified, and then put them in little Camphire to the quantity of a bean, and so put the whole confection in a glasse.

For a young Child to make Water.

Boil Organy in fair water, and lay it warm to the childs Navel.

A Medicine for the falling of the Uvula into the throat.

Take a red Colword-leaf, whereof cut away the middle rind, then put the leaf into a paper, and let it be burnt in hot Embers or Ashes, then take the leaf out, and lay it hot on the top or crown of the bare head, and it will draw it up into his place and rid you of your pain.

A Medicine for the heat of the soles of the feet, that cometh by them or blood.

Take a quantity of Snales of the Garden, and boil them in stale urine, then let the patient bath and set his feet therein, and using that often he shall be cured.

Gascons *own Pouder.*

Take of pouder of Pearl, of red

Corral, of Crabs eyes, of Harts-horn, and white Amber, of each one ounce, beat them into fine pouder, and searce them, then take so much of the black toes of the Crabs claws as of all the rest of the pouders, for that is the chief worker, beat them, and searce them finely as you do the rest, then weigh them severally, and take as much of the toes as you do of all the rest of the five pouders, and mingle them well together, and make them up in ball with jelly of Harts-horn, whereinto put or infuse a small quantity of Saffron to give them colour, then let them lie till they be dry and fully hard, and keep them for your use.

The Crabs are to be gotten in *May* or *September*, before they be boiled.

The dose is ten or twelve grains in Dragon water, Carduus water, or some other cordial water.

The Apothecarries in their composition of it, use to put in a drachm of good Oriental-Bezar to the other pouders, as you may see in the prescription following.

This

This is thought to be the true composition invented by *Gascon*, and that the Bezar, Musk, and Ambergrice, were added after by some for curiosity, and that the former will work without them as effectually as with them.

The Apothecaries Gascon Pouder, *with the use.*

Take of Pearls, white Amber, Hart-horn, eyes of Crabs, and white Coral, of each half an ounce, of black thighes of Crabs calcined two ounces to every ounce of this pouder put in a drachm of Oriental Bezar; reduce them all into very fine pouder, and search them, and with Harts-horn jelly, with a little Saffron put therein, make it up into a paste, and make therewith Lozenges or Trochises for your use.

You must get your Crabs for this pouder about *May*, or in *September*, before they shall be boiled, when you have made them, let them dry and grow hard in a dry air, neither by fire nor Sun.

Their dose is ten or twelve

grains, as before preſcribed in the former page.

The Pouder preſcribed by the Doctors in their laſt London *Diſpenſatory* 1650. *called the Pouder of Crabs claws.*

Take of prepared Pearls, eyes or ſtones of Crabs of red Corral, or white Amber, of Harts-horn, of Oriental Bezar-ſtone, of each half an ounce, of the pouder of the black tops of the Crabs claws to the weight of all the former; make them all into pouder, according to Art, and with jelly made with the skin or caſting of our Vipers, make it up into ſmall Tablets, or Trochiſes, which you muſt warily dry, as before preſcribed, and reſerve for your uſe.

The Counteſſe of Kents *Pouder, good againſt all malignant and Peſtilent Diſeaſes,* French-Pox, Smal-Pox, *Meaſels,* Plague, *Peſtilence, malignant or ſcarlet Fevers, good againſt Melancholy, dejection of Spirits, twenty or thirty grains thereof*

thereof being exhibited in a little warm Sack, or Harts-horne Jelly to a man and half as much, or twelve grains to a child.

Take of the Magistery of Pearls, of Crabs eyes prepared, of white Amber prepared, Harts-horne Magistery of white Corral, of *Lapis Contra Tarvam*, of each a like quantity, to these pouders infused put of the black tipes of the great claws of Crabs, the full weight of the rest, beat these all into very fine pouder, and searce them through a fine Lawn Searce, to every ounce of this pouder add a drachm of true Oriental Bezar, make all these up into a lump, or masse, with the jelly of Harts-horn, and colour it with Saffron, putting thereto a scruple of Amber-griece, and a little Musk also finely poudered, and dry them (made up into small Trocheses) neither by fire, nor Sun, but by a dry air as you may give to a man twenty grains of it, and to a Child twelve grains.

The Virtues of a Root called Contra yerva, *being made into a fine pouder.*

1. It withſtands the Plague being taken in Triacle-water.

2. It is good in all Peſtilent diſeaſes, taken in poſſet-drink with Saffron.

3. It is good againſt a Fever, taken in *Carduus* water.

4. It is a great Antidote againſt all Poyſons taken in Salladeoyl.

5. It doth cure the biting of a mad dog, drunk in Roſe-Vinegar, and then drink nothing elſe but ſpring water during the cure.

6. It cauſeth a ſpeedy delivery, given in Balm-water, Bettony-water, or in burnt wine.

7. It doth take away the afterthrows, given in the ſame liquors.

8. It is a good Cordial in all fits of the Mother given in Rue-water.

9. It is very ſovereign in ſwoun-

ing

ing fits, given in Sack, or Borrage water.

10. It is very powerful to withstand all melancholly, given in Sack.

11. It doth help Convultions in Children given in Spring-water.

12. It helpeth the Worms given in Goats milk.

13. It is good for a short breath, given in Rue-water.

14. It helpeth the Head-pain, given in Rue-water, or Rose-mary-water.

15. It helpeth the yellow Jaundice, given in Celendine-water.

16. It is very powerful in the Palsie, given in Sage-water.

17. It is a good Antidote against the Gout, given in Sage-water.

18. It withstandeth the growing of the Stone in the Reins, given in Renish-wine.

19. It causeth a good and quiet sleep taken in white-wine.

20. It is a great preserver of Health and means of long life, taken sometimes in Mede.

21. It may be uſed as Triacle or Bezar againſt Surfeits.

22. It is a generall upon all occaſions, and may be given at all times, when you do not know what the diſeaſe is; in any of the aforeſaid liquors.

The doſe for a man or woman is from one ſcruple, to two ſcruples, and a boy or girle twelve or fourteen grains, in convenient liquors.

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THE EPISTLE.

Friend,

BEing giving to understand, that you were reprinting the Countesse of Kents Manual; I thought good to communicate unto you, for the more accomplishment of your second Impression, the virtues of some select Cordial Spirits, of very great use in weak and sickly Persons, which were first composed by Sir VValter Raliegh, during his Imprisonment in the Tower, and dispersed by him to divers worthy Personnages, in their several occasions and necessities, and were imparted to me by Captain Samuel King, who lived long time with him in the Tower, and in his Expeditions; this King being my loving Friend, and

and School-fellow, both in Canterbury *and* VVestminster *Schooles. I have also inserted hereunto certain Experiments of* Gascons *pouder, or the Countesses, for their operations are much of the same nature, which have many times with very happy successe been tryed, upon several persons by my self, and divers others by my directions, assuring my self it will be of very great use and benefit to such persons as shall have need of such helps and comforts, and so I rest.*

Your Friend

W. I.

The

The Vertues of Aqua Bezar.

IT is good againſt contagious diſeaſes, as Plague, Purples, ſpotted-Fevers, ſmall-Pox, and Meaſels.

The order to take it, is with *Carduus Benedictus*, or Angelica in poſſet Ale, and ſo ſweat moderatly upon the taking of it, It is good againſt Surfeits, and eaſeth the ſtomack oppreſt with wind, crude flegm, and ſuperfluities, and helpeth digeſtion.

The doſe is from two to three ſpoonfuls at one time.

The Virtues of Spirit of Clary.

It is good to reſtore one in any weakneſſe, chiefly of the back: It preſerveth againſt the Conſumption and Priſick; It comforteth the heart, and increaſeth radical moiſture; It alſo ſtrengtheneth Childbearing-woman after their delivery

The doſe is one or two ſpoonfuls morning and evening.

The vertue of Aqua Mariæ.

It is good for all Infirmities of the Spleen, and to open the obſtructions thereof, it comforteth the vital parts, and is good againſt all paſſions of the heart; it preſerveth the meat in the ſtomack from putrifaction; it helpeth digeſtion, and expelleth wind.

The doſe is one ſpoonful at one time.

The vertues of Flowers of Roſemary.

It is good againſt all Infirmities of the ſtomack, and to ſuppreſſe all offenſive fumes riſing up from thence to the head, keeping them down, and helpeth memory, it openeth all ſtoppings of the Liver and Melt, it preventeth *Vertigo Scetomia*, Palſies, Apoplexies diſeaſes of that kind ariſing from cold Humors; it breaketh wind and eaſeth the Cholick.

The doſe is one ſpoonful at one time.

The vertues of Spirit of Mint.

It is good for the ſtomack, and ſtrengthens the retentive Faculty, good

good against vomiting, and all passions of the heart, it comforteth the vital spirits, and is good against the Consumption, it expelleth wind, and helpeth digestion, and is an infallible help for Melancholy. The dose is from one to two spoonfuls.

The vertues of Aqua Theriacalis.

It is good against all Diseases of the Spleen whatsoever; It preventeth and helpeth contagions, and sudden oppressions and qualms of the heart.

The dose is one spoonful to prevent, and three to the infected, who ought to sweat after taking it.

The vertues of Spirit of Saffron:

It is good to comfort the vital Spirits, passions, trembling, and pensiveness of the heart, and helpeth all malignity oppressing it, and expelleth wind, suppresseth Fumes which arise from the Spleen, and go up to the head, and openeth the obstructions of it; it is excellent gainst all melancholy, and very good for women in Travail, so it

comfort-

comforteth and haſteneth delivery.

The doſe is morning and even-ing one ſpoonful for three days together.

Vertues of Spirit of Roſes.

It is good to open the obſtruction of the Lungs, and preventeth Conſumptions, and other infirmities of that nature; it preſerveth from putrefaction, and keepeth the breath from being corrupted.

The doſe is a ſpoonful at noon, at four in the afternoon, and as much at bed-time.

The Virtue of the Spirit of Diaſatyrion.

The Spirit made of *Diaſatyrion magis gratum*, preſcribed in the late *London* Diſpenſatory, comforteth and much reſtoreth decayed nature, ſtrengtheneth the weak back, increaſeth ſeed, and advanceth generation, being taken thrice a day a ſpoonful at a time, that is, in the morning faſting, at four in the afternoon, and laſt at bedward, with this caution, that the weak parties abſtain from veneral acts till after their firſt ſleep.

The

The dose is one spoonful at one time.

The vertues of the Spirit of Strawberries.

It is excellent good to putrifie and cleanse the Blood; it preserveth from, and also cureth the yellow jaundice, and deoppilateth the obstruction of the Spleen; it keepeth the body in a sweet temperatnesse, and refresheth the spirits.

The dose is a spoonful at a time, when need requireth any of those helps for the aforesaid diseases.

Spirits of Confection of Alkermes *virtues.*

It is an excellent comforter of the Spirits vital, natural, and animal, in weak and delicate persons, and against all trembling pensivenesse, and sudden qualms of the heart.

The dose is one spoonful at one time.

The virtues of Spirit of Comfrey.

It hath all the virtues which Spirit of Clary hath, only it is of

greater efficacy in inward hurts, bruises and ruptures.

The dose is one spoonful at one time.

Extract of Ambergriece.

Take a drachm of Ambergriece, grind it very small on a Painters stone, then put it into a boult-head then take of the best Spirit of Wine, either Canary or Maligo-Sack, half a pound of Spirit of Clary, two ounces, mingle them well together, and pour of the Menstrua one pint to this proportion of Amber, set them to digest in a gentle Bilneo about eight hours, shaking it together three or four times, then take it out, and being cold, pour it forth, and put almost as much more of the mixed Spirit, digested as before its a gentle heat by Balneo, then put it forth to the first extracted; and add half as much more Spirits the third time, and digest it again; and then have you extracted all the special part of the Amber, and leave nothing, but black dead Earth of no value.

Then take a pint of the Spirit of what

that Hearbs you will use, and dissolve therein one pound of pure white Sugar-candy, or at the least twelve ounces, very finely poudered and searced through a fine Searcer, for the speedier resolution thereof, it is best to dissolve it cold; this Resolution must be twice filtered through a thin cap-paper, to make it very perfect clear: then take three parts of this dulcified Spirit, to one of your Extracts of Amber drawn with Spirit of Wine, then shake them well together, and let them stand in a square glasse very close stopped, untill it shall be perfectly clear; one drachm of this Extraction of Amber will serve to dulcifie and make fit two quarts of Spirits of Mints or Cleary, or the like, and give it a most excellent taste and efficacious vertues.

Several Experiments made of the Countesse of Kents *or of* Gascons *Pouder, by a Professor of Physick.*

1. A Child aged about five years, troubled much with Flegme, and drawing one (as the Parents conceived) to his end, with ten grains

of this pouder exhibited in a specifical uchicle to the proportion of one spoonful, about seven of the clock at night, with the like dose exhibited the next morning, was within three dayes space perfectly recovered, and went abroad.

2. A Child aged about fourteen years, being suddenly surprized with dangerous Fits, and trembling of the heart, with twelve grains of this pouder exhibited in a spoonful of *Aqua Theriacalis*, was that very day recovered.

3. A Stationers Child aged about five years being suddenly taken so ill, that the Parents feared the life of their child, with ten grain of this Pouder exhibited in a spoonful of Cordial Spirit, being laid down, and well covered (we suspected it would prove to be the small Pox) became within two or three hours somewhat chearful and with this Medicine continued once a day, the Pox broke forth and the Child mended.

4. A Boy aged about sixteen being taken with suddain qualme about the stomack and heart, with

ten grains of this pouder exhibited in a spoonful of Doctor *Mountfords* water upon his fit, and the like quantity exhibited again when he went to bed, was the next day recovered.

5. A Child about three yeares old being troubled with grievous Torments, and gripings in the Belly with wind, with nine grains of this Pouder, exhibited with two drops of specifical Oyl again the Colick, in a spoonful of stomack water, was eased in few hours.

6. A Child about seven yeares old, being troubled with Convulsion-Fits, with ten grains of this Pouder, mixed with Spirit of Castor, in a few spoonfuls of black-Cherry-water, Annointing the two Neck-veines near the Eares, with a few drops of Oyl of Amber and Cloves, was suddainely recovered of his fit.

7. A Gentlewoman, near forty years old, being oppressed with crude and flatuous Humors, so that her friends though her departing, was with twelve grains of this Pouder, and two drops of a Cor-

of this pouder exhibited in a speci-
fical uchicle to the proportion of
one ſpoonful, about ſeven of the
clock at night, with the like dole
exhibited the next morning, was
within three dayes ſpace perfectly
recovered, and went abroad.

2. A Child aged about fourteen
years, being ſuddenly ſurprized
with dangerous Fits, and trem-
bling of the heart, with twelve
grains of this pouder exhibited in
a ſpoonful of *Aqua Theriacalis*, was
that very day recovered.

3. A Stationers Child aged a-
bout five years being ſuddenly
taken ſo ill, that the Parents feared
the life of their child, with ten
grain of this Pouder exhibited in
a ſpoonful of Cordial Spirit, being
laid down, and well covered (who
ſuſpected it would prove to be the
ſmall Pox) became within two or
three hours ſomewhat chearful;
and with this Medicine continued
once a day, the Pox broke forth,
and the Child mended.

4. A Boy aged about ſixteen
being taken with ſuddain qualms
about the ſtomack and heart, with

ten grains of this pouder exhibited in a spoonful of Doctor *Mountfords* water upon his fit, and the like quantity exhibited again when he went to bed, was the next day recovered.

5. A Child about three yeares old being troubled with grievous Torments, and gripings in the Belly with wind, with nine grains of this Pouder, exhibited with two drops of specifical Oyl again the Colick, in a spoonful of stomack water, was eased in few hours.

6. A Child about seven yeares old, being troubled with Convulsion-Fits, with ten grains of this Pouder, mixed with Spirit of Castor, in a few spoonfuls of black-Cherry-water, Annointing the two Neck-veines near the Eares, with a few drops of Oyl of Amber and Cloves, was suddainely recovered of his fit.

7. A Gentlewoman, near forty years old, being oppressed with crude and flatuous Humors, so that her friends though her departing, was with twelve grains of this Pouder, and two drops of a Cor-

dial-Oil, exhibited in a ſpoonful of Cordial-water, being had to bed within three dayes recovered, and followed her domeſtick buſineſſe.

8. A Youth about twenty years old, much oppreſſed with wind and crudities of the ſtomack, with twelve grains of this pouder exhibited in two drops of ſpecial Collick oyl, as in the fifth experiment with a Codial-water, was ſpeedily recovered.

9. A Young Maid, about eighteen years old, troubled with fits of the Mother, and Convulſive fits, with twelve grains of this pouder given her in a few ſpoonfuls of Piony water, gathered and diſtilled in due ſeaſon, with a drop of Oyl of Cinnamon, and two of Amber mingled together, being held upright before a warm fire, within four hours recovered out of her fit, and went up to her Chamber (though her teeth were ſet in her head, and ſmall appearance of life) but that only her feet were warm, was diſcovered in her.

10. A Gentlewoman aged about fifty, being very much troubled

bled with flatuous and crude Humours oppressing the stomack, with sixteen grains of *Gascon* Pouder, and with three drops of Oyl of Oranges, duly prepared, exhibited in one ounce of *Aqua Theriacalis*, being wel shaken and mingled together, being exhibited at two several times, that is, at night when she went to bed, disposing for rest, and betimes the next morning found much ease and comfort, and gained some quiet rest that night, and shortly recovered.

11. A young Woman aged about four and twenty, not without some suspition of the Plague, having a rumour a long while arising on her groin, with three several doses of *Gascons* pouder, exhibited at three evenings when she disposed for rest, by twelve grains for every dose in a spoonful of Triacle water, drinking every morning a spoonful of Spirit of Saffron for those three dayes together, was perfectly recovered, and followed her domestick businesse.

These and many other Experiments have I with good successe

tryed, and with Gods blessings recovered divers Patients.

This Pouder is good against Small-Pox, Measles, Spotted or Purple-Fever, exhibited in specifical Waters, fit for their several Diseases; It is good in Swoonings and Passions of the heart arising from Malignant Vapours or old Causes, as also in the Plague or Pestilent Fevers, alwayes observing to keep the persons upright, warm, and well covered after their taking it.

The dose of this pouder in Children, is from eight to twelve grains in persons more aged, from twelve to fourteen grains, but exhibite the dose twice or thrice if need require. In the Plague you may use a greater quantity, with such Medicines as are prescribed in the Child-bearers Cabinet, and it will not be amisse, to mingle it with some *Aqua Theriacalis.*

The Composition of the Oyl called Oleum Magistral, *said to be invented by one named* Aparithus, *a* Spaniard, *being special good to cleanse*

and

and Consolidate wounds, especially in the Head.

Take a quart of the best white Wine you can get, of pure Oyl of Olives three pound, then put thereto these flowers and hearbs following: of the flowers and leaves of Hypericon half a pound, of *Cardus Benedictus*, of Valerian, of the least Sage, of each a quarter of a pound; if it be possible, take the leaves and floures of every one of these, then let them steep twenty four hours in the aforesaid Wine and Oyl, the next day boil them in a pot well nealed, or in a Copper vessel over a soft fire, untill such time as the wine be all consumed, stirring it alwayes with a spartle; after you have thus done, take it from the fire, and strain it, and put to the straining a pound and a half of good *Venice* Turpentine, then boil it again upon a soft fire the space of a quarter of an hour, then put thereto of Olibanum five ounces, of Myrrh three ounces, of *Sanguis Draconis* one ounce, and so let it boil till the In-

cense and Myrrh be melted, then take it off, and let it stand untill it be cold, then put it into a glasse Bottle, and set it eight or ten dayes in the Sun, and keep it for your use.

This Oyl, the older it is, the better it is, it must be applyed to the Patient wounded as hot as may be endured, first washing the wound with white Wine, boiled with a handful of Incense to comfort, and wiping it clean with a linnen cloth before you dresse it, which must be if it come to any brusings or bitings, twice a day, that is about eight of the clock in the morning in Winter, and at Summer about nine in the morning, and about four in the afternoon, but if they be green wounds you shall not need to change it again untill the next day, neither need the Patient to observe any precise diet.

A D-

ADDITIONS.

A Rare Sear-cloth with the Virtues.

TAke of Oyl-Olive one pound and a half, red Lead one pound and a half, of white Lead one pound, Caſtle Sope four ounces, put your oil Olive in a Pipkin, and put thereto your oil of Bayes, and your Caſtle-ſope, ſeeth theſe over a gentle fire of embers till it be well mingled and melted together, then ſtraw a little red Lead, and white, being mingled together in pouder, ſtill ſtirring it with a ſpalter of wood, & ſo ſtrew in more of your Lead by little and little till all be in, ſtill ſtirring it by the bottom to keep it from burning, for an hour and half together, then make the fire ſomewhat bigger, till the rednesſe be turned into a gray colour, but you muſt not leave ſtirring it till

til the matter be turned into a perfect black colour as pitch; then drop a little upon a wooden Trencher, and if it cleave not to the Trencher, nor your finger, it is enough; then take the long linnen cloths and dip them therein, and make your Sear-cloth thereof; they will keep twenty years: let your pouder of your lead be searced very fine, and shred the Sope small.

The Virtues of the Sear-cloath, are,

Being laid to the stomack it doth provoke Apperite, and taketh away any pain in the stomack; being laid to the Belly it is a present remedy for the Cholick; being laid to the back, it is a present remedy for the Flux, and running of the Reins, heat of the Kidneys, and weakness of the Back: it helpeth all Swellings and Bruises, taketh away Aches, it breaketh Fellons and other Imposthumes, and healeth them; it draweth out any running humor, and helpeth him without any breaking of the skin, and being applied to the Fundament, helpeth any

any disease there, it helpeth all old Sores, and will be made in six hours.

For a Surfeit.

Take three pints of Muskadine, one handful of Rue, one handful of red Sage, boil this together three or four wambles: take a quarter of an ounce of Nutmegs, half an ounce of Ginger, two or three cornes of long pepper; beat them altogether, and boil them untill the three pints comes to a quart: strain it and put it in a quarter of an ounce of Mithridate, half an ounce of *London* Triacle, a quarter of a pint of strong Angelica water, all these being well mixed together put them up in a glasse.

It is good for one that hath Surfeited to take three or four spoonfuls keeping them very warm in bed, the same quantity taken is good against the Small pox, or Measles.

It is good against the wind, or pain in the stomack, taking one spoonful in the morning, or any infection.

An

An excellent Receipt against a Cough of a Consumption.

Take a quarter of a pound of the best Honey, a quarter of a pint of Conduit-water, boil them as long as any white scum ariseth, and take it off, then take a quarter of a pound of the best blew Currans, put them on the fire in a pint of water: boil them untill they be tender, then pour the water from them, and bruise them through a hair Sive, and put that Juyce and Honey together: add to it one ounce of the Pouder of Liquorice, one ounce of the pouder of Annise seeds, mix all these together and put them in a galley-pot, and when it is cold tye it up; the party troubled may take of it upon the point of a knife morning and evening, as often as the Cough taketh them.

Lucantelions *Balsom, admirable for Wounds and many other things.*

Take of Venice Turpentine a pound, Oyl Olive three pints, yel-

low

low Wax half a pound, of natural Balsome one ounce, oil of St. *Johns Wort* one ounce, of red Saunders poudered an ounce, six spoonfuls of Sack: cut the Wax and melt it on the fire, and then lest it catch the fire, take it off, put in the Turpentine to it, having first washed the Venice-Turpentine thrice with Damask Rose water, and haveing mingled your Sallade-oyl with the Sack, put also the oyl to them, and put them all on the fire, and stir it till it begin to boil, for if it boil much it will run over speedily, then suffer it to cool for a night or more, untill the water and wine be sunk all to the bottom, then make some holes in the stuffe that the water may run out of it, which being done, put it over the fire again, putting to it the Balsom and the Oyl of Saint *Johns wort*; and when it is melted, then put the Sanders to it: stir it well that it may incorporate, and when it first begins to boil, take it off the fire, and stir it the space of two hours, till it be grown thick, then put it up, and keep it for your use as

mo&

most precious, for thirty or forty years, or more.

The Virtues.

1. It is good to heal any wound inward or outward, being squirted warm into the inward Wound, being applyed to an outward Wound with fine lint or linnen, anointing also those parts thereabouts, it not only taketh away the pain, but also keepeth it from any Influmation, and also draweth forth all broken Bones, or any other thing that might putrifie or fester it, so that the brains or inwards, as the Liver, Guts, or part be not troubled, it will heal it in four or five dayes dressing, so that nothing be applied thereunto.

2. It also healeth any Burning and Scalding, and healeth also any Bruise or Cut, being first annointed with the said Oyl, and a piece of linnen cloath, or lint dipt in the same, being warmed and laid unto the place, it will heal it without any Scar remaining.

3. It helpeth the Head-ach by anointing

anointing the temples and nostrils therewith.

4. It is good against the wind-Cholick, or stitch in the side, applied thereto warm with hot cloathes morning and evening together, a quarter of an ounce.

5. It helpeth the biting of a mad Dog, or any other Beast.

6. It is good against the Plague annointing only the Nostrils, and the Lips therewith in the morning before you go forth.

7. It also healeth a Festula, or Ulcer, be it never so deep, in any part of the body, being applyed as aforesaid is directed for a Cut.

8. It is good against wormes, or Canker, being used as in a Cut, but it will require longer time to help them.

9. It is good for one infected with the Plague, Measles, so as it be presently taken in warm Broth, the quantity of a quarter of an ounce four mornings together, and sweat upon it.

10. It likewise helpeth digestion, anointing the Navel and stomack therewith when the parey goeth

goeth to Bed, it will stanch any blood of a green wound, put in a Plaister of lint on it, and tie it very hard.

11. The quantity of a Nutmeg in Sack Blood warm, and sweat thereon, it bringeth forth all manner of clotted blood, and taketh away all Aches.

12. It also healeth the Rose-Gout and Scurvy.

13. It helpeth all Pains in Womans breasts, all chops or Wolf that cometh with a bruise.

14. It helpeth the small Pox, being anointed therewith without any Scar.

15. It helpeth all Sprains and Swellings, and indeed I cannot tell what comes amiss unto it.

A most certain and proved Medicine against all manner of Pestilence and Plague be it never so vehement.

Take an Onion, and cut it overthwart, then make a little hole in either piece, the which you shall fill with fine Triacle, and set the pieces together as they were before

fore: after this wrap them in a fine wet linnen cloth, putting it to roast, and covered in the embers, or ashes, and when it is roasted enough, presse out all the juyce of it, and give the Patient a spoonful, and immediatly he shall feel himself better, and shall without fail be healed.

How to make the Ointment of Tobacco, Jobertus.

Take of green Tobacco-leaves two pound, of fresh Hogs grease diligently washt one pound, bruise the hearbs, and infuse it a whole night in red wine, and then let it boil with the Hogs-grease with a gentle fire, untill the Wine be all consumed: then strain it, and add to the Ointment the juice of Tobacco one pound good and clean Rosin four ounces, then boil it again till the juyce be consumed, adding towards the end, of round Birthwort-roots in pouder two ounces, new Wax four ounces, or so much as is sufficient to make it into an Ointment.

The

The Virtues of it are these.

It cures all Tumers, Aposthumes, Wounds, Ulcers, Gun shot Botches, Itch, stinging with Nettles, Bees, Wasps, Hornets, or Venamous Beasts wounds made with Poysoned Arrows, all Burnings and Scaldings, although it be with Oyl, or Lightning, and that without any Scar; It doth help all nasty, rotten, stinking, putrified Ulcers, although they be in the legs where the humors be ready to resort most in Fistula's, although the bone be afflicted it will scale it without any instrument, and bring up the flesh from the bottome, your Face being annointed with it, it taketh away suddainly all redness, pimples, Sun-burnt; A Wound dressed with this Ointment, it will never putrifie, it wil cure a Wound when no Tent can search it; it cures the Head ach, the Temples being annointed therewith; the stomack being annointed with it, no infirmity will harbour there, no not Impostums, or Consumption of the Lungs, the belly being annointed

nointed therewith; it helpeth the Cholick, and illiack passions, the Worms (and what not) too tedious here to relate: it helpeth the Emrodies, or Piles, it is the best Ointment in the World for all sorts of Gouts whatsoever, and there can nothing come nigh unto it.

A very good conserve for the help of a Consumption and Cough.

Take half a pound of blew Raisins, the blackest sort is the best, and stone them, and skin them, and two ounces of white Sugar-candy, and two ounces of oil of sweet Almond and bruise them well, and when they be well incorporated together, use it to eat morning, noon, and night.

A very Special Drink against a Consumption.

Take Colts foot, Hysop, Scabios and Maiden-hair, of each a handful, and a quarter of a pound of Figs, and cut them in two pieces, and a quarter of a pound of Raisins, and stone them, and take ten Dates and stone them, and so boil them in four

four quarts of fair water, and after it hath boiled a little, put into it half an ounce of Liquorice scraped, and bruised, and so let it boil till one quarter be boiled away, then take it off, and when it is cold strain it into a Pot, and drink half a pint each morning at four of the clock, and so much after Dinner, at four of the clock.

For Worms in Children.

Take Wormseed boiled in Beer or Ale, and then sweeten it with clarified Honey, and let them drink it.

How to drive away the Yellows of the Face that is caused by the overflowing of the Gall Approved.

Take a great white Onion, and make a hole in the top of it, and then put into it the quantity of a Nutmeg of good Triacle, and then stop the hole again with the said piece that is cut out of it, but mingle the Triacle with Saffron powdered; this being done, roast the Onion in hot Embers; being wrapped

p in wet Paper, and when it is well roasted, wring out the juice hereof heard, and give the party his drink in the morning, & sweat an hour after it, and so continue for three mornings together, and then let the party take a gentle Purge & Fiat.

An excellent Medicine for the Dropsie, made for Queen Elizabeth by Doctor Adrian, and Doctor Lacy, Proved.

Take Polipodium, Spineard, Squar, Genger, Marjoram, Galingal, Setwell, *ana.* a penny weight, Sena leaves and cods, so much as all the rest grosly beaten; put them into a bag, and hang it in an earthen pot of two gallons of Ale, and every four dayes cover the pot with new Barm, and drink no other drink for six dayes, and this shall purge all ill humors out of the body, neither will it let the bloud putrifie nor flegm to have domination, nor Cheler to burn, nor Melancholy to have exaltation, it doth encrease Bloud and helpeth all evil, helpeth and purgeth Rheum, it defende th

defendeth the stomack, it preserves the body, and ingendereth good colour, comforts the sight, and nourisheth the Mind.

For the Dropsie that swelleth.

Eat water-cresses, and Raisins use it often, and it will send down the Disease into the Legs and Feet, and when it is there, take the green bark of Elder in the Winter, and the crops in Summer, and boil them well in fair water and Oat-meal to a Poultesse, and apply it to the grief, and this will heal it.

The Celestial water in the World for the Eyes.

Aqua Celedonia,
Aqua Euphrasia,
Aqua Finicula,
} of each a quarter of a pint.

Lapis Calaminaris,
Lapis Tutia,
} of each a dram

An excellent Water for one that is near, or in a Consumption.

Take Milk three pints, red Wine one pint, twenty four yolks of new laid Eggs, beat them very well to-gether

gether, then add so much white Bread as will drink up the Wine, and put to it some Cowslip flowrs, and distil them, and take a spoonful first and last in broth made of a Chicken or Mutton, and in one moneth it will cure any Consumption.

For to stay Vomiting presently.

Take a little Mastick, and put it upon a hot Coal, and set a Funnel over it, and receive the fume into your mouth, and let it go into your Stomack, *& fiat.*

Doctor Teucables *green Balsom.*

Take in the month of May, Rose mary tops, Wormwood, Balm and Rue, *ana.* two ounces, red Sage and Bay buds, *ana.* four ouuces, Sheeps Suet twelve ounces, beat all this very well together in a stone Mortar, till it be all as a Salve, then put it into a clean Pipkin well stopt, and set it for eight dayes in a cold place, then put it all in a clean brasse Chafer and add to it a pound of sweet Sallade oyl, and as many of the said Hearbs as aforesaid well bruised, and let them boil over a

soft fire very softly, the space of an hour, and stir them all the time with a wooden Spatula, then take them from the fire, and presently put into it an ounce of Spike oil, and stir them together, then with a spoon take off the oily substance from the Hearbs, and then strain it into a Gally pot, and keep it very close stopt, and set it in a cold place, it will keep good two or three years.

The Virtues are these.

The virtue of the said Balm is in all perfection good to cure all that is here under written, and the said Oil is good to any wounds either inward or outward; Proved; being inward squirted into the said wounds warm, and outward, being applied with fine line, or linnen, and annointing all the parts thereabours.

1. It doth not only take away the pain, but it doth also keep it from inflammation, and draweth forth also all broken bones, or any thing else that may putrifie or fester, if the Brains, Heart, Guts, Liver

liver be not touched, it will heal in four or five times dressing, if no other thing be applyed thereunto.

2. It healeth any burning or scalding by fire, or water, or by any other means; it healeth any.

A most excellent Pouder, much used by a Person of Quality, lately Deceased, with the Virtues.

Take Pearl Magistrale prepared, Corral red and white prepared, prepared Amber, prepared Harts-horn, of each half an ounce, *Contra Yerva*, one ounce; mingle them well together, then take three ounces of the black claws of Crabs before they be sodden, they must be taken in *June* or *July*, the Sun being in *Cancer*, mingle all well together, then put to it four ounces of white Sugar candy poudered, and mingle with the Sugar-candy, Ambergrice, Musk, Citron-seed skinned, *ana* ten grains; beat the seeds, Sugar-candy and Ambergriece by themselves, very fine in a stone Mortar, all the rest must be passed through a fine Searce, then make a strong gelly of Harts-horn being

boiled with white-Wine, and infuse therein Saffron poudered two drachms; and with this Jelly perfume the pouder, being all mixt into a paste, so make it up into little balls, and set them in a warm Oven to dry, and then put them up to your use, the closer they be kept the better.

The Virtues of this powder is most excellent.

1. For to bring out the Small-Pox, or if they be come out, take ten grains in Dragon water each three hours, for nine hours.

2. For the Plague take ten grains in Dragon water each three hours, for nine hours, and sweat and keep your self warm.

3. For a Heptick, take for nineteen dayes together, six grains every morning in Borrage water.

4. For a Consumption, in Egrimony water, take six grains for fourteen dayes together.

5. For the Cough of the Lungs, six grains, in half Bettony, and half Hysop water, for fourteen dayes.

6. For an Ague or feaver, for three

three dayes, every third day take seven grains every three hours for nine hours in Carduus water.

7. For Poison twelve grains boiled in a little Milk.

8. For a woman that is sick after Labour, take seven grains every three hours for nine hours in Egrimony water.

9. There is no Unicorns horn comparable to it, in contagious times it is good to take five grains every morning in a little Sack.

10. For the passion of the heart, and Convulsion fits, seven grains in Borrage water, and it is a great preserver of health, working only as a Cordial, and you may safely take ten, twelve, fourteen, or sixteen, or eighteen, or twenty grains at once for a full dose.

11. And if it be a great Feaver, small Pox, Plague, Poison, or for a Woman in Labour, put into every dose three grains of Bezoar-Orientall.

How to strengthen the Back, and to make one Lusty.

Take half a pint of Malmsey, and

a handfull of the pith of an Ox back, but take the pith out from the skin, then take four or five stalks of Artichoaks, and take the pith out of them, but first cut the stalks into pieces so long as your finger, and then parboil them well, and put it to the other things, and boil it gently to a Jelly, and when you have done so let it be cold, and then eat it upon the point of a knife morning and evening, and at any time of the day, so much as you shall think fitting, and if you would have it pleasant, make it sweet with white Sugarcandy, but not with Sugar.

For one that cannot make his Water.

Take Thyme and steep it in Wine Vinegar, one night or more, then take of this three spoonfuls, bloodwarm, after that you have eaten at morning, noon and night.

How to help a stincking Breath *that cometh from the Stomack.*

Take two handfuls of Cummin-seeds

seeds, and beat them to pouder, & seeth it in a pottle of white Wine, until half be boiled away, and then give the party a good draught thereof first and last, morning and evening, as hot as he can suffer it, and in fifteen or sixteen dayes it will help.

For the Sciatica, or the Gout, my Lord of Sussex *Medicine, called,* Flesh Unguetors.

Take of Rosin half a pound, of Perosin half a pound, of Virgins Wax four ounces, of Olibanum four ounces, of Mastick half an ounce, of Sheeps tallow, or of Harts tallow two ounces, of Camphire three drachms, and of Turpintine three ounces.

The way to make it.

First beat all your Gums aforesaid, every one by themselves, then take your Tallow and your Wax and set them together on the fire, that done, put in your Rosin, then your Perosin, then your Olibanum, and last of all your Mastick; and

when all is relented together over a soft fire of Coals, then strain it through a thin Canvas cloath into a pottle of white Wine; and then let them all boil together again untill half the Wine be wasted and sod away; then take it from the fire, and let it cool, then afterward when it is almost cold, annoint your hands with the Oyl of sweet Almonds, and work it up in rouls like Wax rouls, and in the time of the working thereof, cast in your Camphire beaten in fine pouder by it self alone; this observed that before you put in your Camphire into the Mortar for to be beaten into pouder, you must always beat in the same Mortar two or three Almonds, for else your Camphire will not be made into pouder.

The ordering of the same Medicine.

First you must spread it upon a fine linnen cloath, plaister-wise, and so lay it upon every joynt where the pain is, but before the laying of your plaister you must annoint all your Joynts with the oil of Roses;

Roſes, and the ſtuff of your plaiſter muſt be half an inch thick, and according unto the property of the ſame, you muſt let it ſtick and cling where you lay it for the ſpace of nine or ten dayes together, notwithſtanding it doth put you to ſome pain or itch in the mean time, yet you muſt in any wiſe let it lie on ſtill, for it will both draw out the ſinews by little ſmall Pimples, and alſo heal it again, and this one Plaiſter muſt ſerve during all the time of your diſeaſe without any manner of renewing, *Prob.* of witneſſe by my Lord of *Suffolk*.

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FINIS.

A

True Gentle-womans

DELIGHT.

Wherein is contained all manner of *COOKERY.*

Together with { *Preserving,* *Conserving,* *Drying* and *Candying.*

Very necessary for all Ladies and Gentle-Women.

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